FORGET TACOS
REAL MEXICAN FOOD IS MUCH MORE VARIED... AND DELICIOUS {page 19}

JUNO LOVE
DRAKE LEADS THE PACK WITH 6 NODS
{page 11}

OTTAWA metro®
Wednesday, February 2, 2011
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Case closed as 'unfounded'

- Girl's story of abduction, sexual assault in red SUV false, police say
- No charge of public mischief
- Public thanked for help with tips, leads in investigation

A terrifying tale of a brazen gunpoint sexual assault on a Barrhaven teen didn't really happen, Ottawa police say.

"We received a complaint January 18. We interviewed the complainant and from there started an investigation," said lead investigator Sgt. Jeff Webster. "We've done a thorough job of following up with the community and we believe the incident did not occur."

He said he could not get into the specifics of why, but said they are certain nothing happened. He said police consulted with the Crown attorney's office and do not feel it is appropriate to press charges of public mischief against the girl.

"We want people to have faith that police will investigate complaints and know that they should come forward," he said. SEAN MCKIBBON

Egyptian. Solidarity

▶ About 200 people gathered outside the Egyptian Embassy in Ottawa yesterday to call for Egyptian President Hosni Mubarak to step down. The protest coincided with the "March of the Millions" in Cairo, where protests are stretching into their eighth day. More coverage, page 6.

JOE LOFARO/FOR METRO

Protesters rally in support of 'March of Millions'

Defection

Rossi crosses the floor

A Liberal since age 11, Rocco Rossi, failed Toronto mayoral candidate, joins the PCs {page 4}

Willie or won't he get it right?

It's Groundhog Day, so how good is the rodent's record? {page 10}

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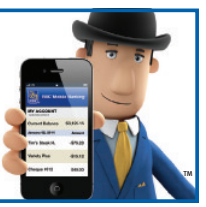

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▶ Protesters outside city hall.

▶ Sgt. Denis Hull confronts the sit-in.

Protest. In pictures

▶ Ottawa police officers escort aboriginal protesters Daniel Bernard, in red jacket, and Robert Lovelace from the forested development site north of Beaver Pond after the men unchained themselves from a tree.

TOP LEFT AND BOTTOM LEFT: SEAN MCKIBBON/METRO; RIGHT: MIKE CARROCCETTO/FOR METRO

Logging in Kanata stirs backlash from First Nations supporters

Clear cutting on a 29-hectare subdivision site in Kanata sparked a series of protests yesterday. In the morning, protesters chained themselves to a tree for several hours before agreeing to leave the property peacefully. Then, at noon, placard-waving residents gathered outside city hall, while a handful of protesters staged a sit-in outside Mayor Jim Watson's office, demanding the city stop development and investigate claims that the site contains First Nations artifacts. Protesters loudly booed Coun. Marianne Wilkinson when she said there is nothing more the city can do to protect the land. Police were able to defuse the situations peacefully.

Internet activists to head for The Hill

- **Heavy users of Netflix, Skype, online games will suffer: TekSavvy spokesperson**
- **More than 249,000 people have signed online petition denouncing usage-based billing**

JOE LOFARO
OTTAWA@METRONEWS.CA

Outraged by large Internet service providers' plans to cap downloads and charge clients who go over the limit, Ottawa resident Shawn Pepin is organizing a protest on Parliament Hill Saturday.

"What they're doing right now looks like a cash-grab scheme, and people aren't going to take it," he said.

The move comes after a CRTC decision to allow Bell Canada to charge clients based on their usage — a model called usage-based billing.

Smaller ISPs such as TekSavvy, which purchase Bell's bandwidth wholesale, will have to follow suit beginning March 1, scrapping their unlimited and 200-GB monthly plans.

"It is designed specifically to be very costly for heavy use of the Internet."
MATT STEIN, VICE-PRESIDENT, NETWORK SERVICES, PRIMUS CANADA

Pepin had planned on switching to TekSavvy because of the attractive plans but now he's unsure.

TekSavvy spokesperson Katie do Forno said the new data caps for small Internet Service Providers like TekSavvy are going to hurt business and customers.

"This will result in unjustifiably high prices and a reduction in innovation," she said. "I think it's going to change everybody's behaviour about how they use the Internet."

Bell Canada said the policy change is a fair move that will affect less than 10 per cent of Canadian Internet subscribers.

"Wholesalers have been able to offer unlimited Internet plans, driving network usage up disproportionately, putting a heavy strain on our overall network," said Bell Canada in a statement.

1 news

The web runs out of addresses this week, and hopefully you won't notice. Scan code for story.

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2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

A potential spring election may be much more interesting than you think. More at metronews.ca/spindoctor.

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CELLPHONE BAN

Thousands ring up tickets

Almost 46,000 tickets have been issued to drivers who have been caught breaking Ontario's cellphone ban.

Police started enforcing the ban a year ago today, but many drivers don't seem to be getting the message.

They say that adds up to more than 100 tickets a day to motorists who are using hand-held devices while driving.

The statistics come just a few days after three bus drivers in Toronto were accused of texting while driving on their routes. The drivers were caught on camera by passengers last week steering with cellphones in hand.

Ontario drivers are forbidden from talking, texting, dialing or emailing using hand-held devices while driving.

THE CANADIAN PRESS

Groups need clear rules: OLG

The Ontario Lottery and Gaming Corp. says there will be a delay in paying out the latest $50-million Lotto Max jackpot since more claimants have come forward. Spokesman Tony Bitonti said lottery groups should establish clear rules instead of relying on goodwill in order to prevent disputes. THE CANADIAN PRESS

Disgraced pathologist stripped of licence

Through his lawyer, onetime pathologist Dr. Charles Smith pleaded no contest to disgraceful conduct and incompetence. Smith's evidence on more than a dozen baby and child deaths saw several people prosecuted or jailed. THE CANADIAN PRESS

Longtime Liberal crosses to PC party

Transportation Minister Kathleen Wynne calls move act of 'desperation'

The defection yesterday of a once high-profile Liberal to Ontario's Progressive Conservatives had the Tories talking about a possible breakthrough in Toronto in the Oct. 6 election, while Liberals fumed.

Rocco Rossi raised millions for the Liberals as the federal party's national director, but is now seeking the provincial Tory nomination in the Toronto riding of Eglinton-Lawrence.

Rossi, a card-carrying Liberal since age 11, ran unsuccessfully for mayor of Toronto last year.

He said his defection to the Tories is a natural move for him.

"Anyone who followed the 11-month campaign in Toronto will see those principles I stood for, principles of fiscal responsibility, of practical solutions, are ones that line up very well with the kinds of change that Tim Hudak and the Ontario Progressive Conservative Party wants to bring," Rossi said on the grounds of the provincial legislature.

"There is no contradiction and no issue other than wanting to serve the public, and to bring to this city and this province the future it so richly deserves."

As PC supporters applauded Rossi's arrival at a brief outdoor ceremony, Hudak said Tories would put an emphasis on making a breakthrough in the province's most populous city this fall.

"Rocco understands like I do that a strong Toronto is a foundation for a strong province," said Hudak.

"Our party is making Toronto and the GTA a priority. The Liberals have taken the GTA for granted for far too long."

CHRIS YOUNG/THE CANADIAN PRESS

▶ Rocco Rossi, left, shakes PC Leader Tim Hudak's hand outside the Ontario legislature yesterday.

Transportation Minister Kathleen Wynne, who is also vice-chairwoman of the Liberal campaign, said recruiting Rossi smacked of "desperation" by the Tories to win a seat in Toronto.

She rejected suggestions Rossi's defection showed the Liberals' chances of re-election in October are slim.

"What it says is nobody knows where Mr. Rossi stands ... and that, from my perspective, is consistent with Tim Hudak because we don't know where he stands either," said Wynne.

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Need a flexible, tax-free savings solution? Try a TFSA.

By **Jamie Golombek**
Managing Director,
Tax and Estate Planning,
CIBC

Few things in life are as certain as taxes, but since January 2009 Canadians have had access to a valuable exception: the Tax-Free Savings Account (TFSA). A versatile, tax-efficient and flexible savings solution, TFSAs are a great complement to almost any individual's overall financial plan.

The most compelling feature of the TFSA is its flexibility. Canadians can contribute up to $5,000 annually and are free from many of the withdrawal and tax restrictions that apply to other registered savings plans, making the TFSA an excellent choice for any number of savings goals. While plan contributions are not tax-deductible as with Registered Retirement Savings Plans (RRSPs), for any reason, without tax repercussions. In addition, the amount of the withdrawn funds can be re-contributed at any time in future years. TFSAs are a great low-cost choice if you're saving for a major purchase or need an emergency fund, and withdrawals won't impact income-based government programs such as Old Age Security or Guaranteed Income Supplement.

TFSA earnings grow tax-free and account holders can withdraw funds at any time

TFSAs are also quick and easy to open. And they're useful to hold in addition to other registered plans, such as RRSPs or Registered Education Saving Plans (RESPs), especially if you've already exceeded your annual contribution limit or the lifetime maximum.

Additionally, there's an added incentive to those who have yet to open a TFSA account to do so now. You now have the opportunity to contribute up to $15,000 for 2011 as your carry-forward amount builds each year.

To take advantage of this tax-saving opportunity, talk to an advisor about how a TFSA could help you reach your financial goals, whether you're looking to save for today's needs or your dream retirement. An advisor can also help you select the options that best align to your personal financial needs from savings accounts and GICs to mutual funds, managed portfolios and brokerage solutions.

So if you want to make sure your savings plan is built to enhance your financial well-being, do yourself a favour and consider building it with the flexibility of a TFSA.

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EMILIO MORENATTI/THE ASSOCIATED PRESS

▶ Anti-government protesters shout slogans as they demonstrate in Tahrir Square in Cairo, Egypt, yesterday.

Egypt's president will step down — at end of his term

Mubarak's announcement immediately derided by protesters in Cairo's Tahrir Square Watching on a giant TV, protesters boo and wave their shoes over their heads at his image in a sign of contempt

AMR NABIL/THE ASSOCIATED PRESS FILE

▶ Hosni Mubarak

President Hosni Mubarak defied a quarter-million protesters demanding he step down immediately, announcing yesterday he would serve out the last months of his term and "die on Egyptian soil." He promised not to seek re-election, but that did not calm public fury as clashes erupted between his opponents and supporters.

The protesters, whose numbers multiplied more than tenfold in a single day yesterday for their biggest rally yet, have insisted they will not end their unprecedented week-old wave of unrest until their ruler for nearly three decades goes.

Mubarak's halfway concession — an end to his rule seven months down the road — threatened to inflame frustration and anger among protesters, who have been peaceful in recent days.

In the Mediterranean city of Alexandria, clashes erupted between several hundred protesters and government supporters soon afterward, according to footage by Al-Jazeera television. The protesters threw stones at their rivals, who wielded knives and sticks, until soldiers fired in the air and stepped in between them, said a local journalist.

THE ASSOCIATED PRESS

Repercussions

Other Mideast authoritarian governments fearing popular discontent pre-emptively tried to burnish their democratic image.

- Jordan's King Abdullah II fired his government yesterday in the face of smaller street protests, named an ex-prime minister to form a new cabinet and ordered him to launch political reforms.
- The Palestinian cabinet in the West Bank said it would hold long-promised municipal elections.

Canadian demand low for flights out of Egypt

Canadians in Egypt seem to want a date with history rather than an airlift to safety.

There was surprisingly low demand for seats on the three flights chartered by the federal government to evacuate Canadians from Cairo this week.

Of the more than 1,000 Canadians in Egypt contacted by the Foreign Affairs Department in a round of telephone calls Monday, only 171 were interested in fleeing, an official said. There are an estimated 6,500 Canadians in Egypt, including 1,365 registered with the Canadian Embassy.

In all, 214 Canadians were flown to safety Monday on two Canadian government flights. That's far fewer than the 500 to 600 Foreign Affairs said it was aiming to bring out on the planes. THE CANADIAN PRESS

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DARRYL DYCK/THE CANADIAN PRESS

▶ Canada's "Man in Motion" Rick Hansen outside his foundation's offices in Richmond, B.C.

Thousands to get in motion for cure

With a campaign goal set at $250 million, lots of wheels will have to hit the dirt

Seven years after Robb Dunfield was paralyzed at age 19, he met a paraplegic man two years his senior who was living nothing of the usual shut-in lifestyle. This man had wheeled the equivalent of two marathons that day.

Rick Hansen wore ice packs like bandages over his throbbing shoulders and hands — but his eyes sparkled.

"This guy is special, it doesn't matter he's in a chair," Dunfield thought to himself, a stark contrast to an earlier view that the man rolling his way around the world was just plain crazy.

The impression stuck and it swayed millions more who rooted for Hansen as the extreme athlete propelled himself to national hero status.

12,000 The relay will cover 12,000 kilometres as it passes through more than 600 communities and territories culminating — just like 25 years ago — in Vancouver.

Hansen charted an enduring course for changing attitudes around people with disabilities and advancing medicine for spinal chord injury.

A quarter-century later, Hansen is aiming to galvanize a new generation of Canadians by embarking on what he considers only "symbolically halfway" in his life's work towards generating a cure.

On Aug. 24, Hansen launches a cross-Canada relay of 7,000 people from Cape Spear, N.L., tracing virtually the same route as his original Man in Motion tour. Most participants will be selected through an online contest in the spring that lauds people who've made meaningful contributions to their community.

"The tour was over, but the cure and accessible communities had just begun," Hansen reflected in a recent interview. "The challenge I gave to people at BC Place, when there was 50,000 people at the end, was 'I've started this movement, but it's your turn.'" THE CANADIAN PRESS

BORDER THREAT

U.S. gripes on north border security

A new report by the watchdog arm of U.S. Congress found only a scant few kilometres of the Canada-U.S. border are secure, raising fresh concerns about terrorists bent on American destruction crossing unnoticed. The threat on the northern border is higher than the U.S.-Mexico boundary because of "the limited law enforcement coverage," said the report.

"The American people are grossly under-protected along our northern border," said Joe Lieberman, chairman of the U.S. Senate's Homeland Security Committee.

The report's release came as Prime Minister Stephen Harper's office announced he would travel to the U.S. capital on Friday to meet with President Barack Obama. Perimeter security is expected to be on the agenda. THE CANADIAN PRESS

Shark attacks tourist

A Canadian woman suffered serious injuries after a shark almost ripped her leg and arm off in front of horrified tourists as she swam with dozens of other people off a beach in Cancun, Mexico.

Although she kept both her arm and leg, she did lose a large amount of blood in the attack, doctors said.

TORSTAR NEWS SERVICE

BCE: Buyout prevents lock on TV content

Content exclusivity has been an issue with CRTC CTV acquisition a disadvantage for Bell's competition: Cogeco

BCE Inc. says it's willing to sell video content to competitors if the CRTC approves its $1.3-billion purchase of CTV, but the Montreal-based telecom company wants its rivals to do the same kind of deal-making. Chief executive George Cope said yesterday that BCE moved to buy majority control of CTV last fall to ensure that cable companies didn't have a lock on content.

"We don't want to buy all of our supply from our competitors," Cope told the Canadian Radio-television and Telecommunications Commission. BCE, the parent company of Bell Canada, wants to put video content including television, sports and news programs, not only on its CTV television services but also on personal computers, tablets and smartphones. Cope said BCE wanted to stop cable companies such as Rogers and Quebecor Inc. from owning all of the content through their extensive media businesses.

Cope said he expects a level playing field.

"I will tell you with certainty if we don't see reciprocity from other content suppliers — we will act accordingly," Cope told the hearing, available via webcast. THE CANADIAN PRESS

Hearings

- **Purchase** The CRTC is holding hearings this week to determine whether it will give regulatory approval to BCE's purchase of CTV.
- **Competitors** CRTC chairman Konrad von Finckenstein asked BCE chief executive George Cope if BCE would hold back content from its competitors.

Celebrity. Marketing

▶Bollywood actress Gul Panag holds Advanced Micro Devices Inc.'s accelerated processing unit (APU) chip during its launch in Bangalore, India, yesterday.

AIJAZ RAHI/THE ASSOCIATED PRESS

Chip launch gets Bollywood touch

Chip-maker Advanced Micro Devices Inc., known as AMD, yesterday announced the launch of its new chipset that offers higher computing speed and better graphics.

4G network to launch in rural areas

Internet service provider Barrett Xplore Inc. is rolling out a faster, more advanced broadband network across rural Canada, with the first leg of its new network launched in Quebec, aiming to provide coverage in rural Canada with high-speed Internet by the end of 2012.

THE CANADIAN PRESS

Wi-LAN says it won't go to trial

Wi-LAN Inc. says it likely won't go to trial over several patent disputes as it expects to reach settlements with a number of companies it alleged were using its technology without permission.

The company says it likely won't go to trial with not one, but several disputes.

THE CANADIAN PRESS

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ONLY THE SHADOW KNOWS THE WEATHER

Just sayin'

PAUL SULLIVAN

Hey, it's Groundhog Day today!

Here's the deal. If the groundhog sticks his nose out of his burrow this morning and sees his shadow, for some reason that means six more weeks of winter, and he hurries back into his burrow and tweets all his woodland buddies: "It's too freaking cold out there. High pressure ridge. Stay inside. Avoid large raptors. Brrr. @Rodent."

If, on the other hand, there's no shadow, it's safe to come out since spring is just around the corner. Righhht.

The groundhog first dabbled in meteorology in 1887 in Pennsylvania with Punxsutawney Phil and his various descendents (groundhogs don't live very long), but not to be outdone, Canada has its own groundhog, Wiarton Willie, who's been doing the same trick for 55 years. And Gaspé even has its own groundhog, fred la marmotte, so the weather is badly predicted in both official languages.

"... and he hurries back into his burrow and tweets all his woodland buddies ..."

It doesn't matter that the fat little critter can't predict the weather, or anything else for that matter (uh, he's a rodent?), because it's a tradition. And you don't mess with tradition, no matter how dopey. It has its roots in Candlemas, which is the midpoint between the winter solstice and the spring equinox, as good a time as any for an outbreak of foolishness.

And it doesn't get any dopier than Groundhog Day. Same time every year, Feb. 2, just when winter starts to drag a little (except here on the West Coast, when it's time for the snowdrops and crocuses to start peeking their heads above the ground ... bwahah-ha), the media on both sides of the border lose their minds for a day and run front page photos of Fat Phil and Wide Willie as they "predict" the weather.

It's probably the groundhog equivalent of winning the lottery: Free snacks, although you might wish for a time before the paparazzi when life was simple — just a warm hole in the ground, a tasty stolen turnip, snuggling up to your favourite ground, uh, sow.

Being a rodent and a practical mammal, you're probably wondering what the fuss is all about. I mean, what is it with the animal prediction racket? Look at Paul the Octopus. He's got his own memorial in Germany for accurately predicting soccer's World Cup results.

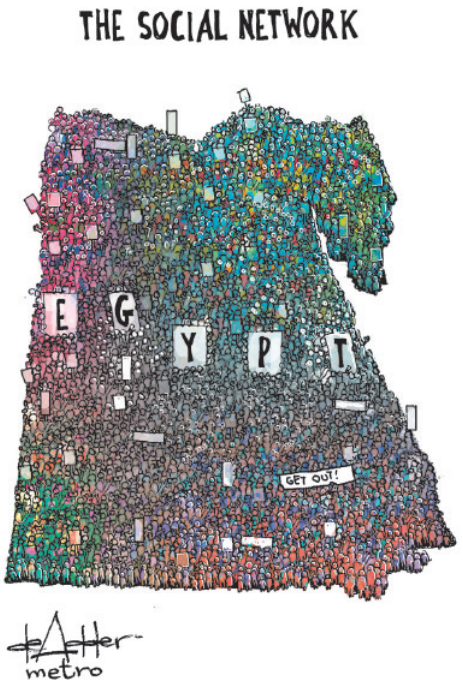
Which is more than you can say about the groundhog. The shocking truth is that since 1988, Phil has been "wrong" 13 times and "right" only 10. With a record like that, he could be a broker.

Read more of Paul Sullivan's columns at metronews.ca/justsaying

Cartoon

MICHAEL DE ADDER

Don't believe the hype



Letters & Tweets

We asked: Who is today's most overrated band or singer?

@arnemitchell: AC/DC most overrated hands down.
@WillSturdy: Kings Of Leon, easily. Great band that hasn't done anything new except complain about how great they are.
@PXAbstraction: Nickelback without a doubt. Generic, bland, unoriginal, commercial, yet they think they are geniuses.
@sarb28: Kiss. All their songs suck.
@sergio115: Most overrated solo artist ... Ke$ha, Katy Perry, Justin Bieber. Pretty much all the pop out there. Where's the talent?!?
@lauraaeliz: def gotta say justin bieber ... I'm scared to see the streets of T.O. today. Maybe the storm will wipe out all the fans.
@dpsouthcalgary: Gotta be Kanye West.
@jla30: Where do I start?? Bieber, Drake, Ke$ha, Rihanna, Usher, Eminem, Nickelback ...
@dallasthumper: Bono or Sting — dear God they need to learn how to sing.
@sprogsca: Nickelback!!!! They suck. And then ABBA.
@dubstf: Taylor Swift. Kanye was so right! Her squinty face & annoying teenage angsty songs are BS.
@riteandan: Coldplay, Nickelback, Justin Bieber, WAY too MANY to name here!
@mqasim13: Justin Bieber, nothing more needs to be said.

Flat pop

THE CANADIAN PRESS FILE

In honour of Groundhog Day, what's your favourite Bill Murray movie?

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Metro Minute with Danko Jones

It's Feb. 2, do you know where your Danko Jones tickets are? If you like rock 'n' roll with an extra dose of adrenalin, make sure you get a spot at the Capital Music Hall before it's too late.

Jones, who recently released his sixth album, Below the Belt, will play the hall tomorrow. Tickets are $22.50 in advance and are available at Vertigo Records, all Ticketmaster locations, by phone at 613-755-1111 and online at ticketmaster.ca.

Jones and his bandmates, JC and Dan, have returned to their early power trio days on Below the Belt, echoing their breakout 1999 My Love is Bold album.

METRO

TORSTAR NEWS SERVICE FILE

▶ Danko Jones will play at the Capital Music Hall tomorrow night.

Drake finding lots of Juno award love

Juno host Drake leads with six nods heading into this year's show
Bieber up for Artist of the Year

It'll be all about Drake at this year's Juno Awards.

The 24-year-old Toronto rapper is hosting the Mar. 27 bash and is also the leading nominee.

He's up for six trophies: album of the year, artist of the year, songwriter of the year, single of the year, rap recording of the year and the Juno fan choice award.

Teen phenom Justin Bieber, who grew up in Stratford, Ont., also scored multiple nominations, as did Montreal's Arcade Fire.

Drake, Bieber and Arcade Fire are also up for prizes at the Grammy Awards later this month.

All three received Juno nominations for album of the year. Rounding out that category is Hedley and country singer Johnny Reid.

Bieber, who was in Toronto yesterday promoting a new 3D documentary about his career, also got Juno nods for artist of the year and pop album of the year.

Artists scheduled to perform at the Junos include Arcade Fire, Broken Social Scene and Hedley.

Shania Twain is set to be inducted into the Canadian Music Hall of Fame at the ceremony, and legendary rocker Neil Young will be recognized for his humanitarian work.

THE CANADIAN PRESS

Juno nods

Here are a few of this year's nominees:

- **ALBUM OF THE YEAR**
  - Arcade Fire, The Suburbs
  - Drake, Thank Me Later
  - Hedley, The Show Must Go On
  - Johnny Reid, A Place Called Love
  - Justin Bieber, My World 2.0
- **ARTIST OF THE YEAR**
  - Drake
  - Johnny Reid
  - Justin Bieber
  - Neil Young
  - Sarah McLachlan
- **GROUP OF THE YEAR**
  - Arcade Fire
  - Broken Social Scene
  - Down With Webster
  - Great Big Sea
  - Three Days Grace

GETTY IMAGES

▶ Drake is up for six trophies: album of the year, artist of the year, songwriter of the year, single of the year, rap recording of the year and the Juno fan choice award.

2 scene

Woodie Award

The Black Keys have hit the right note with the mtvU Woodie Awards. They are up for Woodie of the Year, which goes to the top artist. Other Woodie nominees include LCD Soundsystem, Kanye West and Das Racist.

THE ASSOCIATED PRESS

Lucky 7: Miranda Lambert tops Academy of Country Music noms; Chesney, Zac Brown Band take 5

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Criminal style, colourful career

Vangsness speaks about her hit show Criminal Minds

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HANDOUT

▶ Kirsten Vangsness

A veteran theatre actress, California native Kirsten Vangsness got her first big television break in 2005 with Criminal Minds, the FBI procedural on which she plays eccentric — and eccentrically dressed — technical analyst Penelope Garcia.

She spoke with Metro about wardrobe choices, watching herself on screen and picking up guest-stars at the gym.

Where did your character's eccentric wardrobe come from?

I dress a little odd, and I think they thought, 'Oh, you can kind of pull that off.' If you look at the first couple of episodes of the show, it was pretty calm, and then it gets crazier because she can kind of pull it off and we have good fun. Definitely it's the costume designer. I can pull it off because in real life, I am perfectly comfortable wearing stuff like this.

You've had some great guest-stars playing psychopaths on the show, like Tim Curry.

Speaking of Tim Curry, he was at my gym and I was working out one day — this is really how this happened — I'm working out, doing something horrible, I don't know, involving my abdominal muscles, and I hear, 'I worship at your throne.' (laughs) And I'm like, 'I know that voice," and I look up and it's Tim Curry. He's like, 'I'm Tim. I want to be on that show,' and I was like, 'OK...' And I go to work and I'm like, 'Tim Curry wants to be on our show.' And they're all, 'What? Oh, my God!' I see him at the gym now all the time. He calls me his agent. And it is the weirdest thing. There's Tim Curry, doing his bicep curls or something.

Do the scripts leave much room for improvisation?

I know how she talks, so I'll go to them and be like, 'I want to do this instead of this,' but now they're really used to it. So we do a nice little exchange of stuff. I get to do a lot more because I'm in that room by myself, so no one is relying on me. I think collectively when we work on a scene, like a group scene, these are the lines on the page, and then as you're going along, you sort of get massaged into this thing. 'You take this line, I'm going to take this line' and 'This makes more sense.' There's not a lot of ego.

The show's been going for six years now. How long do you ideally see it going?

As long as it feels fun and as long as these people are here with me to do it. That's my answer.

DVD Releases

Conviction
Genre: Drama **Director:** Tony Goldwyn.
Stars: Hilary Swank, Sam Rockwell
●●

More cable TV heart-tugger than major motion picture, Conviction nevertheless hits home on the strength of three solid performances.

Hilary Swank's portrayal of Massachusetts woman Betty Anne Waters, and her 18-year quest to free her wrongly imprisoned brother, has more emotional heft than her showier role in Amelia. Her role wouldn't work as well, however, without the complementary acting by Sam Rockwell, whose entire career has been an underdog story.

He adroitly handles the difficult job of inspiring rooting interest for Kenny, a rounder who doesn't seem to have many friends and with good reason.

Minnie Driver comes in handy, as the third of the film's most impressive performances. As Betty Anne's sarcastic pal Abra, who sticks with her through thick and thin, she injects needed levity into a film that frequently threatens to turn maudlin. ● PETER HOWELL

Let Me In
Genre: Horror **Director:** Matt Reeves
Stars: Kodi Smit-McPhee
●●●

Serious horror fans were justifiably horrified when news broke of an American remake of Let the Right One In, the 2008 Swedish film that set the vampire myth as a mutual rescue for two lonely children.

So it is gratifying to report that Let Me In, that inevitable and abrupt American remake by Cloverfield's Matt Reeves, is more than just OK. It's actually strong enough to make the case that not all remakes bite.

A lot of this is due to smart casting. Just about the only kids you could imagine filling the lonely boots of Hedebrant and Leandersson are The Road's Kodi Smit-McPhee and Kick-Ass' Chloe Grace Moretz. Writer/director Reeves nabbed both.

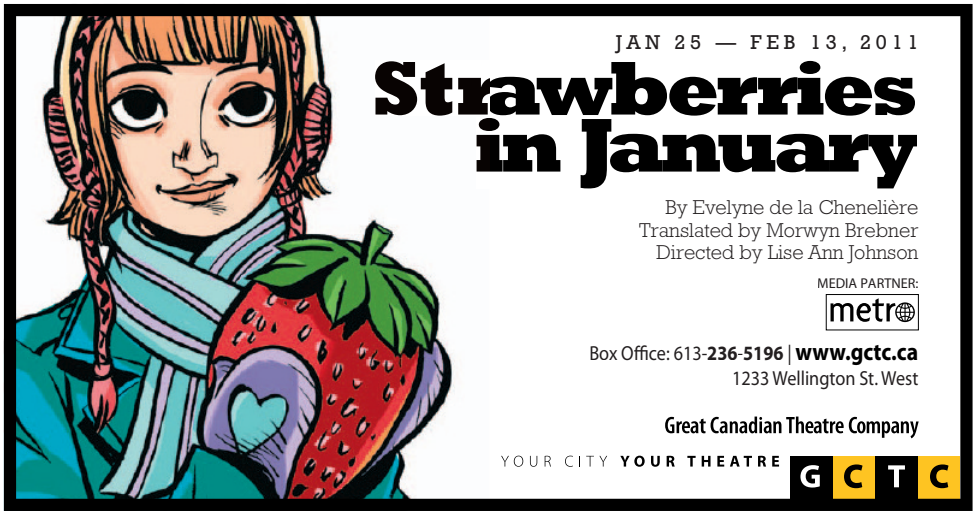
Reeves hasn't strayed far from the original text. He's changed names, relocated from Stockholm to Los Alamos, New Mexico, and made the story more literal and horrific to suit American tastes.

But he hasn't trampled it. Reeves retains the pervasive sense of isolation and the intense longing felt by bullied schoolboy Owen (Smit-McPhee) and his strange new friend Abby (Moretz).

Let Me In is that most novel of films: a remake that adds to our appreciation of the original, even if it doesn't exceed it. ● PETER HOWELL

Never Let Me Go
Genre: Thriller **Director:** Mark Romanek
Stars: Keira Knightley
●●●

Director Mark Romanek is faithful almost to a fault to the elegant prose of Kazuo Ishiguro's source novel. Working with screenwriter Alex Garland (28 Days Later), Romanek necessarily removes some of the novel's incidents, and moves up the shocking truth that the book doesn't spell out until nearly a third of the way through it. The result is something that might be described as a chilling anti-thriller, where the tension is more implied than shown. It may rob it of drama, but Romanek has erred on the side of quality, crafting a beautifully cast and artfully rendered allegory of lost youth. ● PETER HOWELL



In Focus

RICHARD CROUSE

▶ Spelunker Richard Roxburgh in Sanctum

CLAN OF THE CAVE MOVIE

Savvy filmmakers tap into our bottomless appetite for the terrors of a black hole

In the new 3-D film Sanctum, a group of cave divers get their "spelunk on" in the least accessible cave system on Earth. Down deep they run into problems and end up in a fight for their lives.

If that synopsis sounds familiar, it should. Most cave movies have similar plots. Here's the typical rundown: A group of people jump into a hole and bad things happen. Usually, at least one of the characters says, "It's so deep ... you can't even see the bottom," just before they disappear forever.

The most frightening cave movie has to be The Descent, a 2005 spelunker in which six women trapped in an Appalachian cave system are hunted by pasty humanoid creatures. Horror website Bloody Disgusting ranked it as one of the top horror films of the decade.

The year 2005 was a big one for creepy cave movies.

The Cave, starring Piper Perabo and Cole Hauser as cavers who are stalked by bloodthirsty creatures, offers some genuinely terrifying moments. Then there's WithIN (also 2005).

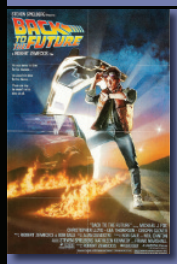
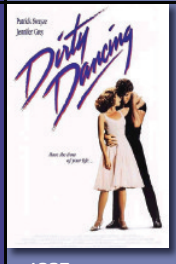
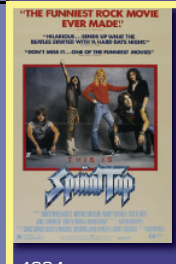
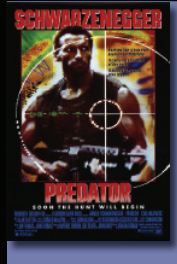
And don't forget the subterranean thriller What Waits Below (1984).

Why do people like Sanctum producer James Cameron keep making these movies?

And why do we keep coming back for more?

I think it's because they're about the most primal feelings of all: claustrophobia, fear of the dark and the unknown.

After all, what could be scarier than a giant hole with who-knows-what living in it?

FRI FEB 4	SAT FEB 5	SUN FEB 6	MON
 **BACK TO THE FUTURE** **3:45pm** Directed By Robert Zemeckis 116 Min. 1985 Starring Michael J. Fox, Christopher Lloyd Presented In 2K Digital.	**LORD OF THE RINGS: THE FELLOWSHIP OF THE RING** **12:00pm** Directed By Peter Jackson 178 Min. 2001 Starring Elijah Wood, Ian McKellan Presented In High Definition	**THE GOONIES** **1:00pm** Directed By Richard Donner 114 Min. 1985 Starring Sean Astin, Josh Brolin Presented In High Definition	1979 Starring Sigourney Wea Presented In High Defini
ALIEN **6:30pm** Directed By Ridley Scott 117 Min. 1979 Starring Sigourney Weaver, Tom Skerritt Presented In High Definition	**LORD OF THE RINGS: THE TWO TOWERS** **3:30pm** Directed By Peter Jackson 179 Min. 2002 Starring Elijah Wood, Viggo Mortensen Presented In High Definition	**GHOST** **4:00pm** Directed by Jerry Zucker 127 Min. 1990 Starring Patrick Swayze, Demi Moore Presented In High Definition	1986 Starrring Sigourney Wea Presented In High Defini
ALIENS **9:10pm** Directed By James Cameron 137 Min. 1986 Starrring Sigourney Weaver, Michael Biehn Presented In High Definition	**LORD OF THE RINGS: THE RETURN OF THE KING** **7:00pm** Directed By Peter Jackson 201 Min. 2003 Starring Elijah Wood, Viggo Mortenson Presented In High Definition	 **DIRTY DANCING** **7:00pm** Directed by Emile Ardolino 100 Min. 1987 Starring Jennifer Grey, Patrick Swayze Presented In High Definition	 1984 Starring Michael McKea Presented In High Defini
 **PREDATOR** **11:59pm** Directed By John McTiernan 107 Min. 1987 Starring Arnold Schwarzenegger Presented In High Definition	**BIG TROUBLE IN LITTLE CHINA** **11:59pm** Directed By John Carpenter 99 Min. 1986 Starring Kurt Russell, Kim Cattrall Presented In High Definition	**THE USUAL SUSPECTS** **9:30pm** Directed by Bryan Singer 106 Min. 1996 Starring Kevin Spacey, Benicio Del Toro Presented In High Definition	1980 Starring Dan Aykroyd, Jo Presented In Digital 2K COME

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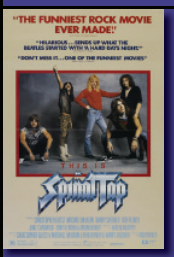
LIEN :00pm rected By dley Scott 7 Min. ver, Tom Skerritt tion	 RAGING BULL 1:00pm Directed by Martin Scorcese 129 Min. 1980 Starring Robert De Niro, Joe Pesci Presented In Digital 2K	 THIS IS SPINAL TAP 1:00pm Directed by Rob Reiner 82 Min. 1984 Starring Michael McKean, Christopher Guest Presented In High Definition	 GHOST 1:00pm Directed by Jerry Zucker 127 Min. 1990 Starring Patrick Swayze, Demi Moore Presented In High Definition
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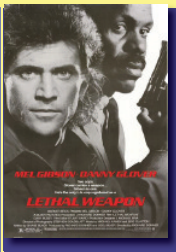
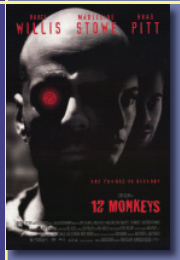
HIS IS PINAL TAP 7:00pm irected by ob Reiner 2 Min. n, Christopher Guest tion	 BACK TO THE FUTURE 7:00pm Directed By Robert Zemeckis 116 Min. 1985 Starring Michael J. Fox, Christopher Lloyd Presented In 2K Digital	 LETHAL WEAPON 7:00pm Directed by Richard Donner 110 Min. 1987 Starring Mel Gibson, Danny Glover Presented In High Definition	 RAGING BULL 6:50pm Directed by Martin Scorcese 129 Min. 1980 Starring Robert De Niro, Joe Pesci Presented In Digital 2K
HE BLUES ROTHERS 9:10pm irected by ohn Landis 33 Min. hn Belushi	 12 MONKEYS 9:40pm Directed by Terry Gilliam 129 min. 1995 Starring Bruce Willis, Brad Pitt Presented in High Definition	 THE HUNT FOR RED OCTOBER 9:30pm Directed by John McTiernan 134 Min. 1990 Starring Sean Connery, Alec Baldwin Presented In High Definition	 FIGHT CLUB 9:45pm Directed by David Fincher 139 Min. 1999 Starring Brad Pitt, Edward Norton Presented In High Definition
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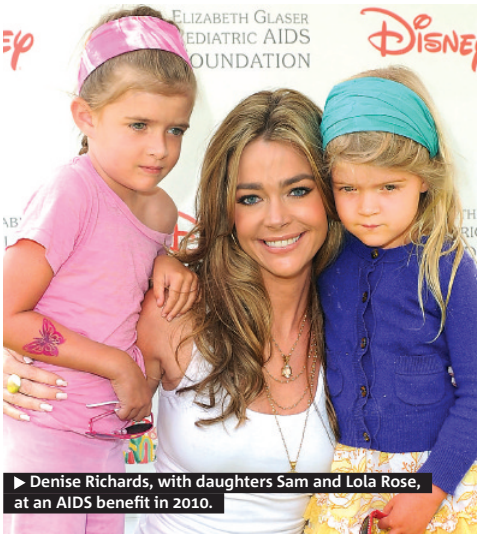
Sheen barred from seeing daughters

- Actor's ex-wife at wit's end over latest antics
- Sitcom star reportedly asked porn star to babysit kids



▶ Denise Richards, with daughters Sam and Lola Rose, at an AIDS benefit in 2010.

Denise Richards has reportedly reached the breaking point when it comes to ex-husband Charlie Sheen and has barred him from seeing their daughters until he completes rehab, according to Popeater.

What did it was apparently porn star Kacey Jordan's admission on Good Morning America that Sheen asked her to babysit his kids.

"Denise has had enough," a source says. "All this time she has been trying to protect Charlie in the eyes of his daughters, limiting what they know about his partying ways, but now she knows it's the girls that need protecting, not Charlie." METRO

Talking points

Lohan, Glee cast make up

OLIVE BRANCH. The cast of Glee is said to have made amends with Lindsay Lohan after using her as a punchline in an episode last year, TMZ says. Sources say Lohan was dining in West Hollywood over the weekend when members of the cast — minus Lea Michele and Jane Lynch, who weren't present — apologized for the episode. METRO

Celebrity tweets

Kirstie Allie [@kirstie alley] I saw this guy in his big row boat who had rescued about 8 Queensland kangaroos ... it was so sweet ... Aussies are tough and able ... BRAVE

Michael Chiklis [@Michael Chiklis] Tough time slot but we're hanging in there. The show itself is getting better and better. Raising all the stakes!

Elijah Wood [@wood elijah] goodbye 20s

Steve Martin [@Steve Martin ToGo] I'm on a campaign to play Lois Lane. METRO

JASON KEMPIN/GETTY IMAGES

▶ Will he or won't he host the Golden Globes again?

Gervais Golden again?

Despite public complaints about Ricky Gervais' performance and reports that he was banned from future appearances, the folks behind the Golden Globes apparently want the British comic back next year.

"The ratings went up again, and the organizers asked me to consider a third year," Gervais reveals to Heat magazine.

"I don't think I should. I don't know what I could do better. I certainly couldn't get more press for them, that's for sure." METRO

Kate: Rock that frock

One of the biggest questions surrounding Kate Middleton's April 29 nuptials with Prince William is what colour her dress will be. "White is a tough colour to pull off, so I'm sure both bride and designer are talking about cream and ivory as well," a source tells Popeater. "Kate certainly takes fashion risks. When she attended a friend's wedding a few weeks ago she wore black and no bra. Anyone expecting a boring dress for her big day or boring white should think again." METRO

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Shop Gotham

Shop Gotham, which offers insider shopping tours of New York City for women, will offer men's tours starting Feb. 18.

Tours will run every Friday at 2 p.m. Visit shopgotham.com.

METRO

Dubai restaurant offers dining in high style – at 442 metres above ground.

Discover Florida's best kept secret

Locals have kept Emerald Coast under wraps for years Surf town U.S.A. meets New England in these colourful beachside communities

GIZELLE LAU
LIFE@METRONEWS.CA

GIZELLE LAU

Region boasts white-sand beaches and dunes.

GIZELLE LAU

Don't miss Seaside, where trailers sell cupcakes, shakes and grilled cheese sandwiches.

One of Florida's hidden gems is far from the bright lights of Miami's South Beach or the amusement park wonderland of Orlando.

Here, wispy sand dunes protect the white shores that are so white that, at a glance, you could swear you're looking at mounds of snow — that is, until you remind yourself that you're in Florida.

Welcome to the beaches of the Emerald Coast in northwest Florida — a region made up of several beachside destinations right on the Gulf Coast that local Florida natives have tried to keep under wraps for decades. They may have gotten away with it, too — until the Obama's visited the region's Panama City Beach in August and the tourism board's website received 8 billion views within 36 hours.

From Panama City to the beaches of Fort Walton, Destin and Pensacola, the atmosphere is "white-picket fence" meets "surf town U.S.A." with a New England passion for fresh seafood, finished with a unique twist of southern hospitality.

Vacation like the Obama's in Panama City Beach by staying at the Bay Point Marriott Golf Resort & Spa. Discover the outlet shops at Pier Park, try your hand at surfing at St. Andrew's State Park, and head to Firefly restaurant for the beach's best She Crab Soup with a side of fried Apalachicola Oysters.

Don't miss the town of Seaside where the Truman Show was filmed — its picturesque trailers selling cupcakes, specialty grilled cheese sandwiches and organic shakes — or Grayton Beach State Park where you can go for eco tours, hikes through sand dunes or YOLO boarding (stand-up paddle boarding that originated in this area).

If you're into fishing, then Destin is the place for you. Known as the "world's luckiest fishing village," Destin has the largest charter fishing fleet in all of Florida.

Pensacola is the historic capital of the region where you can enjoy the beach in the morning and explore the sights in the afternoon. Discover historical Fort Barrancas built in 1797 and the National Naval Aviation Museum's incredible collection of aircrafts.

When to go

- **Best time to visit:** April to October
- **During spring and fall:** Travellers can take advantage of hotel and apartment/condo rental deals with ResortQuest.com
- **For more information and travel deals:** VisitFlorida.com

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Forget tacos

You may think you know everything about Mexican food, but there's more to it than beans and tequila shots

Real Mexican cuisine is exotic and varied

ROMINA MCGUINNESS
LIFE@METRONEWS.CA

VISITMEXICO.COM

▶ A cocina tradicional.

Your Friday-night Mexican — a feast of super-size burritos and cheesy nachos, washed down with Coronas — might make you feel like you're transported to Mexico with every morsel.

It's true, most dishes are loosely based around key ingredients including corn, beans, chilli peppers and meats. And tacos, empanadas and burritos form the base of many dishes. But there's a lot more to this intriguing cuisine.

Breakfast usually consists of strong coffee, fruit, eggs and refried beans, or frijoles. Lunch is a hearty meal that can include tortillas, soups (black bean, pumpkin or chicken), rice and meat. Dinner is generally a lighter version of lunch.

You'll find authentic tortillas, quesadillas and tacos on street food stands, stuffed with fresh tomatoes, peppers, white cheese and shredded meats and topped with avocado, pumpkin seeds, coriander and spicy sauces.

Mexicans also enjoy some bizarre but much-loved delicacies.

You can sink your teeth into a crunchy Maguey worm, a speciality throughout the states of Mexico, Hidalgo and Oaxaca. The worms are wrapped in a mixiote, a fleshy maguey leaf, and cooked in a hot pan until they are crispy and golden.

In the central regions you can try fly eggs, or ahuautli, the Mexican answer to caviar. They are cooked with hens' eggs and served in a tortilla.

Ant eggs, or escamoles are a delicacy best eaten in Mexico City, Hidalgo or Nuevo Leon where they are deep fried in butter.

Across Oaxaca, Veracruz and Yucatan, big, red Chicatana ants are ground together with chillies, salt and water to prepare tlatonile, a sauce served with pork, or as a crunchy snack.

For more information check out www.visitmexico.com

VISITMEXICO.COM

▶ There's more to Mexican food than tacos.

VISITMEXICO.COM

▶ Shop at Mexico's street markets.

STREET FOOD

- Mercado de la Merced is Mexico City's largest street market where you can try street food that reflects the country's culinary heritage. Stalls sell everything from piñatas to queso blanco (white cheese), prickly nopales (cactus pads) and cheesy quesadillas.
  Cerrada del Rosario, Calle General Anaya

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Jamaica $48*
Travel Feb 6 - Feb 13/c6 + taxes & fees $290

Lyon $244*
Travel May 23 - May 31/ts + taxes & fees $360

Brussels $245*
Travel Apr 5 - Apr 13/ts + taxes & fees $340

London $272
Travel May 9 - May 16/ts + taxes & fees $432

New York $289
Travel Mar 1 - Mar 16/ac + taxes & fees $123

Las Vegas $299
Travel Mar 1 - Mar 15/dl + taxes & fees $121

Honolulu $638
Travel Mar 2 - Mar 23/dl + taxes & fees $122

Bangkok $779
Travel Feb 28 - Mar 16/ua + taxes & fees $321

Hong Kong $799
Travel Mar 30 - Apr 18/ua + taxes & fees $291

Auckland $1199
Travel Mar 1 - Mar 22/fj + taxes & fees $388

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Departs Feb 7/nol/c6.

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Departs Feb 10/nol/ts.

Varadero 7 Nights 4-Star $601
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Departs Feb 5/acv/ac.

Jamaica 7 Nights 4-Star $619*
Sunset Grande + taxes & fees $330
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Cruises

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6-Night Cruise USD $349
Carnival Freedom + taxes & fees USD $77
CRUISE roundtrip Fort Lauderdale and visit Key West, Grand Cayman & Ocho Rios. Sails Sep 18/crv.

Transatlantic 14-Night Cruise USD $499
Liberty of the Seas + taxes & fees USD $124
CRUISE Miami to Barcelona and visit Nassau, Tenerife, Seville, Malaga & Valencia. Sails Apr 2/rcl.

Mediterranean 7-Night Cruise USD $599
Adventure of the Seas + taxes & fees USD $62
CRUISE roundtrip Malaga and visit Valencia, Rome, Florence and Corisca. Sails May 28/rcl.

Vacations

New York Air + 3 Nights **$489**
Park Central Hotel + taxes & fees $117
INCLUDES central accom in Times Square. Departs Feb 10/ggv/dl. ADD Billy Elliott theatre ticket for $129.

Montreal 2 Nights $119
Le Nouvel Hotel & Spa taxes & fees included
INCLUDES accom in the heart of downtown. Departs Feb 4/ggv. ADD Greater Montreal tour for $59.

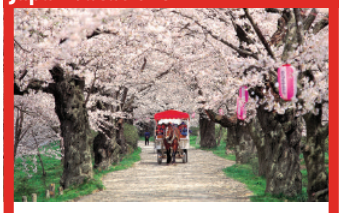
Las Vegas Air + 3 Nights $329
Circus Circus + taxes & fees $123
INCLUDES accom on the Las Vegas Strip. Departs Feb 9/ggv/dl. UPGRADE to 5-star Mirage for $39 per night.

Lake Tahoe Air + 4 Nights 4-Star $579
Montbleu Resort Casino & Spa + taxes & fees $124
INCLUDES casino resort accom in South Lake Tahoe. Departs Feb 14/ggv/ac.

San Francisco Air + 4 Nights $619
Renoir + taxes & fees $115
INCLUDES accom in the heart of downtown. Departs Feb 9/ggv/ua. ADD Wine Country Tour for $69.

South Africa
Air + 6 Nights + 5-Day Tour $2299
Fountains, Kruger Experience - Lodge, Airport Grand + taxes & fees $507
INCLUDES all air, 4 nights 4-star Cape Town accom, 5-day Kruger Park safari tour and 2 nights 4-star Johannesburg accom. Departs Mar 17/ggv/itp/sa.

Japan Vacations



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TICO

ANDREW VAUGHAN/THE CANADIAN PRESS

▶ James Isnor displays his Canada Games spirit at a rally for volunteers in Halifax.

ANDREW VAUGHAN/THE CANADIAN PRESS

▶ A pedway directs visitors to the Canada Games attire merchandise store located in Barrington Place Shops.

Games offer up more than sports

▶ Halifax to host the 2011 Canada Games ▶ Will also offer a packed roster of music, art, food and fun

Hundreds of athletes from across the country will soon descend on Halifax, dreaming of winning a medal at the 2011 Canada Games.

But for those whose dreams also include a hearty meal, good tunes and some downtime, the Nova Scotia capital is offering up a packed roster of things to see and do.

The best part? There's no need to qualify for these events.

"We all know when people come to Halifax, they want to have a good time," says Chris Morrissey, CEO of the 2011 games, being held Feb. 11-27.

On Feb. 14, organizers will kick off a series of free outdoor concerts outside Halifax City Hall, starting with local rockers Joel Plaskett and The Emergency.

Halifax-based Sloan, Newfoundland's Great Big Sea and St. John's indie rockers Hey Rosetta! are among other headliners on the lineup. City and Colour, Buck 65, Hawskley Worksman and the banjo-toting Old Man Luedecke are also set to take the stage at Celebration Square.

Rocker Matt Mays, who's set to play Feb. 17, says the port city's hospitality, fun-loving attitude and enviable art, theatre and music scene make it the perfect place for the games.

A number of Halifax art galleries, museums and historical sites — mostly located in the downtown core — have also planned special exhibits in celebration of the games.

Pier 21, Canada's immigration museum on the waterfront, will host Lace Up: Canada's Passion for Skating, an exhibit detailing the history of the winter tradition in the country.

ANDREW VAUGHAN/THE CANADIAN PRESS

▶ Halifax's Pier 21

A 15-minute walk from Pier 21, the Discovery Centre on Barrington Street allows visitors to — quite literally — get in the game. Starting the first week of February, the centre will host the Canadian debut of PLAY, an exhibit featuring larger-than-life parlour games.

After exploring all that Halifax has to offer, rumbling stomachs will be thankful for Dine Around, part of the annual Savour Food and Wine festival.

A wide selection of restaurants, serving up everything from seafood to gourmet pizza, will offer prix-fixe menus, which runs from Feb.1-28.

THE CANADIAN PRESS

If you go...

For more information, check out these sites:

- canadagames2011.ca
- pier21.ca
- discoverycentre.ns.ca
- artgalleryofnovascotia.ca
- edining.ca/dineout.asp
- pc.gc.ca/lhn-nhs/ns/halifax/visit.aspx

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Bob Blumer is a glutton for the gastro

New cookbook offers epic stories

EMILY RICHARDS
FOOD@METRONEWS.CA

Bob Blumer is a name Canadians know as a fun-loving foodie who is most at home with his surreal cooking.

He showcases exactly that in his latest cookbook, Glutton for Punishment Signature Recipes, Epic Stories and Surreal Etiquette, through recipes like the Lamb Cupcake. It has a rich lamb flavour with a mashed potato topping that looks like it belongs in a bakery window.

It's also this type of recipe that showcases Blumer's abilities and how he takes advantage of them.

Minute with Bob

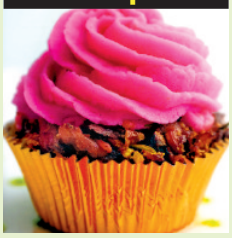
- **What is your drink of choice when cooking?** I'm a wine drinker.
- **If you could go spatula-to-spatula with any chef, who would it be?** Bobby Flay and it would have to be a cooking triathlon.
- **If you could cook a meal for anyone, dead or alive, who would it be and what would you make?** Salvador Dali and Rene Magritte and it would have to be a meal from the surreal dishes in my book.
- **What was the first cookbook you ever purchased?** I actually wrote my first cookbook before I purchased one.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. VISIT EMILYRICHARDSCOOKS.CA.

Preparation:

1. Season lamb with salt and pepper and coat in flour. In a skillet, heat 3 tbsp (45 mL) of the oil over medium high heat; add lamb shanks and sear, about two minutes per side. Move to roasting pan and wipe out skillet.
2. Add 2 tbsp (30 mL) of oil to pan and heat over medium heat. Sauté one of the chopped onions, carrots and celery and half of garlic until just beginning to brown. Add chicken stock, stirring and bring to the boil. Pour over lamb and add wine. Sprinkle with half of the rosemary and thyme. Cover with foil and braise in 300 F (160 C) oven for 3 1/2 hours, uncover and cook until lamb is browned and falling off the bone tender, about 30 minutes. Remove lamb and pull meat off the bones; reserve meat. Strain braising juices and separate fat from juices.
3. Transfer juice to a small pot and simmer and reduce by about three quarters until it is a thick demi-glaze; set aside.
4. Steam potatoes over boiling water until very tender, 15 minutes. Using a ricer, mash potatoes. In bowl, blend potatoes with cream, butter, and season with salt. Using fine side of a grater; grate 2 tbsp (30 mL) of the beet. Set aside.
5. In a skillet, heat 2 tbsp (30 mL) of oil over medium heat and caramelize remaining chopped onion and garlic until golden brown; set aside.
6. Stem remaining rosemary and thyme; chop finely. In bowl, mix lamb meat, 1/3 cup (75 mL) of the demi glaze, onion mixture, bread crumbs, eggs and rosemary and thyme.
7. Line muffin tin with 8 paper liners. With cooking spray, spray interior of liners. Spoon lamb mixture into liners. Bake on 300 F (160 C) until cakes are set, yet moist, about 14 minutes.
8. Reheat potatoes. When hot, blend in grated beet until pink. Use a piping bag to ice the lamb cupcakes with the potato mixture. **GLUTTON FOR PLEASURE BY BOB BLUMER**

Lamb Cupcakes



Ingredients:

- 4 lamb shanks
- Salt and pepper
- 1/4 cup (50 mL) all-purpose flour
- 7 tbsp canola oil, divided
- 2 onions, chopped
- 2 each carrots and celery, chopped
- 6 cloves garlic
- 4 cups (1 L) chicken stock
- Half bottle dry red wine
- 3 russet potatoes, peeled and quartered
- 1 beet, roasted and peeled
- 1/4 cup (60 mL) 35% whipping cream
- 1/4 cup (60 mL) butter
- 8 sprigs fresh rosemary, divided
- 6 sprigs fresh thyme
- 1 cup (250 mL) bread crumbs
- 2 eggs

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So, who are you?

Winging a job interview when you're looking for work could cost you a job Doing the same as the interviewer could cost you the job you have

DREW HINSHAW
LIFE@METRONEWS.CA

Job interviewers who freestyle their 20-minute chat with a prospective employee throw the company dice – plus a year's salary and benefits – at the most confident, more often than capable candidate, hiring experts warn.

Worse, they risk vamping their way into a courthouse drama.

"You could ask an innocent question and end up with a lawsuit."

President Laura DeCarlo of Career Directors International cautions, "Because of so many legal issues, someone who has liability should probably look at becoming involved in a human resource organization like the Society for Human Resource Management."

Aside from a professional membership card, they should, at the very least, "have a plan."

"Don't go in there thinking 'I'm just going to ask them to tell me about themselves,'" she stresses. "Have about 30 questions."

If you prep your interview like a police investigation – full of confrontational, tightly-focused questions – you could provoke nothing but awkward, stilted answers.

The jobseeker on the other end of the table ought to be made comfortable, Boston-based career coach Leenie Glickman notes – and if you really want to fathom the person you might be working alongside, you'd do better to spark a naturalistic conversation than a narrow pop quiz.

"All of your questions should be open," she suggests. "Like 'Tell me about, tell me about, tell be about."

ISTOCK

To keep to the interview conversation from drifting toward irrelevance, figure out before the interview what you're primarily looking for.

PRIVACY PAINS

Workplace Law

DANIEL LUBLIN
IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP.
DAN@CANADAEMPLOYMENTLAWYER.COM

Many employees believe that they have an absolute right to privacy while at work. They are wrong.

Today, employees freely use technology at work without appreciating that they may be providing their employers access to their own private data. Trusting that employers will refrain from monitoring readily available private information is reckless.

The issue of privacy rights in the workplace is a developing area of Canadian law. Recent cases suggest that employees are entitled to have some expectation to privacy at work; however, the extent of these privacy rights remains blurred.

In one case, the court found that the installation of a "secret camera" in an employee's office was an invasion of her privacy. The court found that the employer's conduct amounted to a breach of contract, justifying the employee's resignation. It then awarded her wrongful dismissal damages. However, the court sent the following warning: had a plausible explanation been provided for the "secret camera", the intrusion may have been acceptable.

Employees do have privacy rights at work. However, these rights must be balanced against employers' legal and business interests to monitor its workplace. Courts will be reluctant to overstep an employer's right to police its own workplace, unless it can be shown that an intrusion was uncalled for.

Guidelines

- Assume you are always being monitored at work – if you do not wish others to see personal data, don't access it at work.
- Familiarize yourself with existing company policies regarding the use of technologies at work.
- Immediately protest a suspected intrusion and seek specialized advice before taking any further action.

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BOOK REVIEW

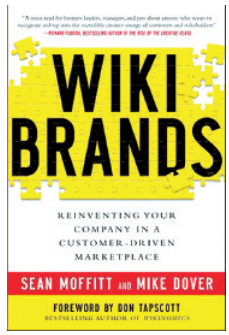
CRAIG LUND
WORK@METRONEWS.CA

When it comes to marketing, the concept of "brand" was a pretty consistent entity, in that it was the product of the company that owned and produced it.

The look, feel and quality were wholly controlled by the owner, and if that brand was managed properly, huge profits could be reaped... ala Coke Cola, McDonalds and Buckleys.

That of course is the old school reality.

Fast forward to 2011, and authors Sean Moffit and Mike Dover describe the new reality of brands in their book Wikibrands. According to Moffit and Dover, "The Litmus test for a thriving business in this market place is 'Does your brand deliver genuine participation.'"



With media fragmentation and the ever expanding catalogue of channels, digital being the key culprit, the former business approach of utilizing Mass Advertising to build a brand... that is to constantly bombard consumers with a consistent and controlled message, is now defunct.

You have to understand the magnitude of this shift. Take for example the historical development of a mega brand like Coke. "Coca-Cola corporate lore claims that if the company suddenly lost all of its physical assets, it could get funding to rebuild the entire enterprise using only the power of brand as collateral."

While this may be true, chances are a brand born today could not achieve the same results without being put in the hands of its users, and modeled and evolved based on customer feedback and interaction... Facebook is a case in point.

Moffit and Dover don't have to stretch too far to demonstrate how effective this approach is, pointing out how companies like Starbucks who have created dedicated platforms for their customers to contribute.

Wikibrands has some tremendous research behind it, making this book more than just a tomb of interesting case studies, but a call to action.

CRAIG LUND IS THE PRESIDENT ELECT OF THE AMERICAN MARKETING ASSOCIATIONS TORONTO CHAPTER AND CAN BE REACHED AT HELLO@CRAIGLUND.CA

ISTOCK

▶ Researchers are beginning to put serious weight on whether the traditional classroom provides an optimal learning environment for students.

The ideal space to ace

Finding a third-space to work in is vital, experts say

Over the last five years, "co-operative learning" has become a buzz phrase in higher education, with most institutions scrambling to expand group study into nearly every classroom.

But as new study theories abound, what about the actual physical space where students study?

Although there is far less research in this area, many educators are strong proponents of finding a "third space" — aside from your couch, office or classroom — where students can devote nearly 100 percent of their attention to the task at hand.

The very act of creating the space can help to develop good habits.

"Just having the book or computer open does not mean that you're really engaged with the material."
LYNN BECK
UNIVERSITY OF THE PACIFIC

"There's some real value in ritualizing getting into the study mode," says Lynn Beck, dean of education at University of the Pacific. "Having a specific space dedicated to that is key. One of the things we do know from research is that productivity really drops when we're multitasking."

Professor Joseph Murray at Bucknell University has studied how we study for over 10 years. He is a strong proponent of tailoring the study environment for each course. For instance, if you will be using a bluebook in your exam and will take the test along with a large class, that is precisely what you want to mimic: Study in a crowded library, writing longhand in a notebook.

"Research suggests that a trial run or a dress rehearsal significantly increases test results for students," says Murray. "And we know that the closer that dress-rehearsal matches the actual physical attributes of the test, the better students tend to do on it." **METRO**

Farm to caf

Strawberries, pineapple and melon chunks, mini-cucumbers and cherry tomatoes are now on the menu for school children in northern Ontario thanks to a snack program sponsored by farmers in the province.

The program, launched in 2006 as a pilot project following several key reports that underlined the need for action against obesity, will last for 19 weeks at 110 elementary schools in an area where it's a challenge to obtain fresh, affordable fruits and vegetables.

"The connection between food and health is undeniable," Brian Gilroy, an apple grower and chair of the Ontario Fruit and Vegetable Growers Association, said in a release.

"Fruits and vegetables are a key component of a healthy lifestyle and this school snack program is a great way of promoting awareness and increasing consumption by school children."

The province's horticulture farmers are working with the Ontario Ministry of Health Promotion and the Health Units of Algoma and Porcupine districts. The growers association centrally sources fruit and vegetable snacks and co-ordinates delivery and distribution, which allows about 19,000 students to receive two servings per week for the duration of the program.

Produce served also includes apples, pears, cauliflower and broccoli florets, applesauce-blend cups, carrot sticks, sliced peppers, sugar snap peas, clementines and asparagus. Approximately 75 per cent of fruits and vegetables used in the school program are Ontario-grown.

"Our goal is to teach kids an appreciation for fresh fruits and vegetables and help them learn how to make lifelong healthy eating choices," says Gilroy.
THE CANADIAN PRESS

ISTOCK

▶ Fruits of their labour: Young students will enjoy fresh produce thanks to a farm-sponsored program.

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4 sports

Senators preview

Red Wings at Senators
7 p.m.
TV: TSN
Radio: AM 1200

The injury-plagued Red Wings (30-13-6) could have a couple veteran forwards back in the lineup when they visit Scotiabank Place for their first game since the all-star break. Both Pavel Datsyuk (broken hand) and Dan Cleary (broken ankle) are hoping they'll be healthy enough to return.

The Senators (17-26-8) will be looking to turn things around at home. Prior to the all-star break, the sputtering Sens lost seven straight games at home. The good news for the Senators is that star forward Jason Spezza hopes to be back in the lineup by the weekend. He's been out since Boxing Day with a separated shoulder.

THE CANADIAN PRESS

Scan code for more sports

Senators put the wrong foot forward

Ottawa picks up where it left off, hardly challenging Brodeur in loss

DEVILS	SENATORS
2	1

Dainius Zubrus scored on a shot that deflected off an Ottawa defenceman with 5:43 to play, and the New Jersey Devils handed the Senators a 2-1 loss in their first game after the all-star break.

Nick Palmieri also scored and Martin Brodeur had a rather easy game in net with 15 saves as the Devils won for the seventh time in the last nine games (7-1-1).

Alex Kovalev scored for Ottawa, which was limited to a season-low 16 shots on goal. Rookie goaltender Robin Lehner gave the Senators a chance to win, making 31 saves.

Ottawa is 1-9-4 in its last 14 games.

Zubrus's winning goal came just 12 seconds after Lehner made a save on a hard shot from the right circle by Patrik Elias.

Brian Rolston regained the puck, gave it to Elias, who found Zubrus low in the right circle. Senators defenceman Chris Phillips came out to block Zubrus's shot, but it deflected off him and fluttered past Lehner.

The Devils outshot the Senators 25-6 through the first two periods and skated off tied at 1-1.

Lehner, the 19-year-old Swede who was making his second career start, was the difference.

After outshooting Ottawa 9-2 in the opening period, New Jersey took the lead 25 seconds into the second.

Defenceman Andy Greene took a shot from the point that forward Milan Michalek partially blocked with his stick. The puck lost steam and rolled to the left of the net where Palmieri backhanded it with his second shot for his fourth goal in seven games.

Kovalev tied it less than five minutes later with the Senators enjoying a two-man advantage, burying a feed from Daniel Alfredsson

The goal came just 10 seconds after Zubrus was called for high sticking. He redeemed himself in the closing minutes.

THE ASSOCIATED PRESS

JOHN ULAN/THE CANADIAN PRESS

▶ Martin Brodeur of the New Jersey Devils makes a save off his shoulder during the second period in New Jersey last night.

Opinion

KEN CAMPBELL
THE HOCKEY NEWS

SOME TOP PROSPECT RE-ANALYSIS

With Bobby Butler named MVP of the American Hockey League's all-star game over the weekend and Colin Greening getting his first taste of the NHL, it's now all about the future for the Ottawa Senators.

And exactly how does that future look? Well, let's put it this way: Things look a lot rosier for the Senators than they do the Toronto Maple Leafs.

While the Senators don't have a future go-to stud making his way through their system, they do have a number of intriguing prospects who could be key contributors in the next couple of seasons. There is certainly some good size among their prospects and when The Hockey News comes out with its annual Future Watch issue, look for the Senators to be ranked somewhere around the middle of the pack.

Despite what many people might think, the Senators' top prospect is not hulking defenceman Jared Cowen of the Spokane Chiefs. It is actually David Runblad, the St. Louis Blues' first-round pick in 2009 who was acquired by the Senators at last summer's entry draft in exchange for their first-round pick.

But the fact remains that Runblad and Cowen do make an intriguing pair of prospects, simply because they are so different. Perhaps one day the two of them will be a regular pairing on the Senators blue-line, with Runblad providing the offence and Cowen holding down the fort defensively.

With nine goals and 36 points in 44 games in the Swedish Elite League, Runblad has proved his offensive worth. In every aspect of the offensive side of the game, he has excelled. He is a very good skater with impressive vision who can bring the puck up the ice either by carrying it or finding an open man with a pass. The downside is he's just 190 pounds and is not playing in a terribly physical league. He'll have to get physically stronger and his play in his own end will have to improve.

The opposite is the case for Cowen, the Senators' first-round pick in 2009. At six foot five and 220 pounds, he has the physical makeup he needs to be a shutdown defenceman in the NHL. He had reconstructive knee surgery two years ago and anyone who watched the world junior championship should be concerned about his ability to keep up to speedy opposition forwards.

But as the Senators launch their rebuild, both Runblad and Cowen are sure to be major blocks in the foundation.

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	50	33	12	2	3	174	130	71	16-7-0-2	17-5-2-1	8-2-0-0	W2
d-Tampa Bay	51	31	15	3	2	154	154	67	16-4-1-1	15-11-2-1	7-3-0-0	W5
d-Boston	51	29	15	2	5	155	114	65	13-9-1-2	16-6-1-3	7-3-0-0	W2
Pittsburgh	50	31	15	2	2	154	114	66	17-9-1-0	14-6-1-2	6-3-0-1	W2
Washington	52	27	15	5	5	142	132	64	16-5-2-5	11-10-3-0	3-3-2-2	L3
Montreal	51	28	18	4	1	133	125	61	16-6-3-1	12-12-1-0	6-2-1-1	W1
NY Rangers	52	29	20	2	1	148	126	61	12-11-1-1	17-9-1-0	5-5-0-0	L1
Atlanta	53	24	20	3	6	153	170	57	12-10-1-4	12-10-2-2	2-5-1-2	L1
Carolina	51	25	20	2	4	155	158	56	13-9-1-1	12-11-1-3	5-5-0-0	L1
Buffalo	49	23	21	5	0	137	144	51	11-12-1-0	12-9-4-0	7-3-0-0	W2
Florida	50	22	22	2	4	134	135	50	11-8-2-3	11-14-0-1	4-2-1-3	L2
Toronto	50	20	25	2	3	128	156	45	11-11-2-2	9-14-0-1	4-5-0-1	W1
Ottawa	51	17	26	5	3	109	162	42	9-14-2-2	8-12-3-1	1-7-1-1	L7
NY Islanders	50	16	27	3	4	123	163	39	8-12-1-3	8-15-2-1	3-6-0-1	W1
New Jersey	50	17	30	2	1	103	145	37	10-13-1-1	7-17-0-1	7-2-1-0	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	50	31	10	4	5	165	121	71	17-3-1-4	14-7-3-1	4-2-1-3	W2
d-Detroit	49	30	13	4	2	166	143	66	15-6-3-1	15-7-1-1	6-3-0-1	W1
d-Dallas	50	30	15	1	4	147	137	65	16-6-1-3	14-9-0-1	7-2-0-1	W1
Nashville	50	27	17	4	2	134	119	60	11-4-3-2	16-13-1-0	6-4-0-0	L2
Anaheim	52	28	20	2	2	140	146	60	17-7-0-1	11-13-2-1	7-3-0-0	W2
Phoenix	51	25	17	6	3	149	145	59	10-9-3-2	15-8-3-1	6-4-0-0	W1
Chicago	51	27	20	2	2	164	143	58	16-13-0-0	11-7-2-2	6-3-0-1	W1
Colorado	50	25	19	6	0	161	165	56	14-11-3-0	11-8-3-0	4-5-1-0	L1
San Jose	50	25	19	4	2	139	138	56	12-10-2-1	13-9-2-1	4-5-0-1	L1
Minnesota	49	25	19	1	4	130	134	55	11-11-0-2	14-8-1-2	6-4-0-0	W1
Los Angeles	50	27	22	1	0	143	124	55	17-9-1-0	10-13-0-0	5-5-0-0	W3
Calgary	51	24	21	2	4	144	152	54	14-9-0-1	10-12-2-2	6-1-1-2	W4
St. Louis	49	22	20	3	4	130	146	51	15-8-1-2	7-12-2-2	2-7-1-0	L4
Columbus	50	23	22	3	2	134	159	51	12-12-0-1	11-10-3-1	3-5-1-1	L2
Edmonton	49	15	26	1	7	122	168	38	7-13-1-3	8-13-1-3	2-7-0-1	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Montreal 3 Washington 2 (SO)
Toronto 4 Florida 3 (SO)
New Jersey 2 Ottawa 1
Boston 3 Carolina 2
Chicago 7 Columbus 4
N.Y. Islanders 4 Atlanta 1
Colorado at St. Louis (ppd., storm)
Pittsburgh at N.Y. Rangers
Philadelphia at Tampa Bay
Calgary at Nashville
Los Angeles at Minnesota
Vancouver at Dallas
Phoenix at San Jose
Monday's results
No Games Scheduled.
Tonight's games
(All times Eastern)
Detroit at Ottawa, 7 p.m.
N.Y. Islanders at Pittsburgh, 7 p.m.
Florida at Montreal, 7:30 p.m.
Vancouver at Phoenix, 9 p.m.
Los Angeles at Edmonton, 9:30 p.m.
San Jose at Anaheim, 10 p.m.

DEVILS 2, SENATORS 1

First Period — No Scoring.
Penalty — Rolston NJ (slashing) 6:01.
Second Period
1. New Jersey, Palmieri 4 (Greene, Kovalchuk) 0:35
2. Ottawa, Kovalev 9 (Alfredsson, Karlsson) 5:09 (pp)
Penalties — Volchenkov NJ (tripping) 3:17, Zubrus NJ (high-sticking) 4:59, Z.Smith Ott (roughing) 7:01.
Third Period
3. New Jersey, Zubrus 8 (Elias, Rolston) 14:17
Penalties — None.
Shots on goal by

Ottawa	2	4	10—16
New Jersey	9	16	8—33

Goal — Ottawa: Lehner (L,1-1-0); New Jersey: Ma.Brodeur (W,11-19-2). **Power plays (goals-chances)** — Ottawa: 1-3; New Jersey: 0-1.
Referees — Paul Devorski, Kyle Rehman.
Linesmen — Steve Miller, Jean Morin.
Attendance — 7,218 (17,625) at Newark, N.J.

MAPLE LEAFS 4, PANTHERS (SO)

First Period
1. Toronto, Versteeg 13 (Armstrong, Schenn) 7:20
2. Florida, Weiss 14 (Higgins, Allen) 18:06
3. Toronto, Kulemin 17 (MacArthur, Grabovski) 18:29
Penalties — Allen Fla (tripping) 1:33, Wideman Fla (slashing) 13:32.
Second Period
4. Florida, Booth 15 (Frolik, Ellerby) 4:54 (pp)
5. Toronto, Grabovski 21 (Kaberle, Kulemin) 6:16 (pp)
Penalties — Rosehill Tor (high-sticking) 3:00, Garrison Fla (high-sticking) 6:11, Timmins Fla (hooking) 7:19, Brent Tor (holding) 13:24, Crabb Tor (hooking) 16:26.
Third Period
6. Florida Stillman 7 (Kulikov, Weiss) 16:19 (pp)
Penalty — Kessel Tor (elbowing) 15:45.
Overtime — No Scoring.
Shootout — Toronto wins 2-1
Florida (1) — Booth, goal; Santorelli, miss; Higgins miss; **Toronto (2)** — Versteeg, miss; Bozak, goal; Armstrong, goal.
Shots on goal by

Florida	11	9	12 1—33
Toronto	12	4	6 4—26

Goal — Florida: Clemmensen (SOL,5-5-3); Toronto: Giguere (W,10-9-3). **Power plays (goals-chances)** — Florida: 2-4; Toronto: 1-4.
Referees — Kevin Pollock, Brad Meier. **Linesmen** — Scott Cherrey, David Brisebois.
Attendance — 19,018 (18,819) at Toronto.

SCORING LEADERS

	G	A	PT
Stamkos, TB	38	29	67
Crosby, Pgh	32	34	66
D.Sedin, Vcr	27	37	64
H.Sedin, Vcr	11	50	61
St. Louis, TB	20	40	60
B.Richards, Dal	20	37	57
Zetterberg, Det	16	37	53
E.Staal, Car	25	27	52
Perry, Ana	25	26	51
Ovechkin, Wash	19	32	51
Eriksson, Dal	17	32	49
Kopitar, LA	16	33	49
Kesler, Vcr	27	20	47
Iginla, Cal	22	25	47
Giroux, Pha	19	28	47
M.Richards, Pha	17	30	47
Sharp, Chi	26	20	46
Backstrom, Wash	12	34	46
Ribeiro, Dal	10	36	46
Briere, Pha	26	19	45
Duchene, Col	20	25	45

Not including last night's games

SOCCER

ENGLAND

PREMIER LEAGUE

	GP	W	D	L	GF	GA	Pts
Manchester United	24	15	9	0	54	22	54
Arsenal	24	15	4	5	50	23	49
Manchester City	24	13	6	5	37	20	45
Chelsea	24	13	5	6	46	21	44
Tottenham	23	10	8	5	32	26	38
Sunderland	25	9	10	6	30	28	37
Liverpool	24	9	5	10	31	31	32
Blackburn	24	9	4	11	31	37	31
Newcastle	23	8	6	9	36	33	30
Stoke	23	9	3	11	28	28	30
Bolton	24	7	9	8	34	35	30
Blackpool	23	8	4	11	34	41	28
Aston Villa	25	7	7	11	28	43	28
Everton	24	5	12	7	28	31	27
Fulham	24	5	11	8	25	26	26
West Brom Albion	24	7	5	12	31	45	26
Birmingham	22	4	11	7	21	31	23
Wigan	25	4	11	10	22	41	23
Wolverhampton	23	6	3	14	24	41	21
West Ham	24	4	9	11	24	43	21

Yesterday's results
Arsenal 2 Everton 1
Sunderland 2 Chelsea 4
Manchester United 3 Aston Villa 1
West Bromwich Albion 2 Wigan 2

LEAGUE CHAMPIONSHIP

Yesterday's results
Barnsley 2 Preston 0
Bristol City 0 Swansea 2
Cardiff 2 Reading 2
Coventry 1 Nottingham Forest 2
Derby 1 Ipswich 2
Doncaster 1 Burnley 0
Hull 2 Leeds 2
Middlesbrough 2 Scunthorpe 0
Norwich 2 Millwall 1
Sheffield United 0 Leicester 1
Watford 1 Crystal Palace 1
Queens Park Rangers 2 Portsmouth 0

SCOTLAND

PREMIER LEAGUE

Yesterday's results
Aberdeen 0 Celtic 3
St. Johnstone 2 Hamilton 0

ITALY

SERIE A

Yesterday's result
AC Milan 0 Lazio 0

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Toronto	5	4	1	.800	62	50	—
Philadelphia	5	3	2	.600	46	45	1
Buffalo	4	2	2	.500	38	38	1½
Rochester	4	2	2	.500	38	48	1½
Boston	6	3	3	.500	55	46	1½

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Minnesota	4	3	1	.750	46	37	—
Calgary	6	4	2	.667	71	69	—
Washington	5	2	3	.400	59	64	1½
Colorado	4	1	3	.250	39	41	2
Edmonton	5	0	5	.000	44	59	3½

Week Four
Saturday's results
Calgary 12 Edmonton 11 (OT)
Toronto 8 Buffalo 5
Boston 16 Rochester 7
Minnesota 11 Washington 10 (OT)
Philadelphia 12 Colorado 11
Friday's results
Calgary 15 Edmonton 11
Philadelphia 11 Boston 5
WEEK FIVE
Friday's game
Minnesota at Buffalo, 7:30 p.m.
Saturday's games
Philadelphia at Rochester, 2 p.m.
Toronto at Boston, 7:30 p.m.
Washington at Colorado, 9 p.m.

CURLING

CANADIAN JR CHAMPIONSHIP

At Calgary
WOMEN
Round Robin

Province (Skip)	W	L
Alberta (Chyz)	8	0
B.C. (Silvertson)	5	2
Saskatchewan (T.Paulsen)	5	2
New Brunswick (Armstrong)	5	3
Manitoba (B.Meakin)	4	3
Ontario (Grandy)	4	3
P.E.I. (Fullerton)	4	4
Northern Ont. (Johnston)	3	4
Nova Scotia (Doucet)	3	4
Yukon (Koltun)	3	4
N.L. (Porter)	2	6
Quebec (Routledge)	2	6
NWT (Williams)	0	7

Yesterday's results
Eighth Draw
Alberta 6 Northwest Territories 4
Northern Ontario 7 Quebec 6
P.E.I. 10 Yukon 5
B.C. 4 Saskatchewan 3
New Brunswick 10 Nova Scotia 8
Ontario 9 Newfoundland & Labrador 3
Ninth Draw
P.E.I. vs. Northwest Territories; Manitoba vs. Quebec; Northern Ontario vs. Yukon; Ontario vs. Nova Scotia; Saskatchewan vs. New Brunswick; B.C. vs. Newfoundland & Labrador.
Monday's late results
Seventh Draw
Manitoba 7 Saskatchewan 6 (extra end)
Northern Ontario 8 Northwest Territories 5
Nova Scotia 8 Quebec 7 (extra end)
Alberta 11 Ontario 7
New Brunswick 13 B.C. 7
Newfoundland & Labrador 8 P.E.I. 4
Today's games
(All times Eastern)
Draw 10, 3 p.m.
Ontario vs. Northern Ontario; Nova Scotia vs. B.C.; Newfoundland & Labrador vs. Saskatchewan; Alberta vs. P.E.I.; Yukon vs. Quebec; Manitoba vs. Northwest Territories.

MEN
Round Robin

Province (Skip)	W	L
Saskatchewan (Moskowy)	7	0
Ontario (Camm)	5	2
Nova Scotia (K.Thompson)	5	2
N.L. (C.Thomas)	5	3
New Brunswick (Rennie)	5	3
Yukon (T.Scoffin)	4	3
Alberta (Hodgson)	4	4
Northern Ont. (Johnston)	3	4
NWT (C.Miller)	2	5
Manitoba (Good)	2	5
B.C. (Gardner)	2	4
P.E.I. (Pitre)	2	6
Quebec (Bourget)	2	6

Yesterday's results
Eighth Draw
Alberta 6 NWT 3
Northern Ontario 7 Quebec 3
Yukon 10 P.E.I. 3
Nova Scotia 10 New Brunswick 8
Ontario 9 N.L. 3
Saskatchewan 11 B.C. 2
Ninth Draw
P.E.I. vs. Northwest Territories; Manitoba vs. Quebec; Northern Ontario vs. Yukon; Saskatchewan vs. New Brunswick; B.C. vs. Newfoundland & Labrador; Ontario vs. Nova Scotia.
Monday's late results
Seventh Draw
Northwest Territories 11 Northern Ontario 6
Nova Scotia 8 Quebec 6
Saskatchewan 8 Manitoba 7 (extra end)
New Brunswick 7 B.C. 3
Ontario 6 Alberta 4
P.E.I. 8 Newfoundland & Labrador 4
Today's early games
(All times Eastern)
Draw 10, 3 p.m.
Ontario vs. Northern Ontario; Nova Scotia vs. B.C.; Newfoundland & Labrador vs. Saskatchewan; Alberta vs. P.E.I.; Yukon vs. Quebec; Manitoba vs. Northwest Territories.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	36	11	.766	—
d-Miami	34	14	.708	2½
d-Chicago	33	14	.702	3
Orlando	31	18	.633	6
Atlanta	30	18	.625	6½
New York	25	22	.532	11
Philadelphia	21	26	.447	15
Charlotte	20	27	.426	16
Milwaukee	19	27	.413	16½
Indiana	18	27	.400	17
Detroit	17	31	.354	19½
New Jersey	15	34	.306	22
Washington	13	34	.277	23
Toronto	13	36	.265	24
Cleveland	8	40	.167	28½

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	40	7	.851	—
d-L.A. Lakers	33	15	.688	7½
Dallas	32	15	.681	8
d-Oklahoma City	30	17	.638	10
New Orleans	31	18	.633	10
Utah	29	20	.592	12
Denver	28	20	.583	12½
Portland	25	22	.532	15
Memphis	25	24	.510	16
Phoenix	22	24	.478	17½
Houston	22	27	.449	19
Golden State	20	27	.426	20
L.A. Clippers	19	28	.404	21
Sacramento	12	33	.267	27
Minnesota	11	36	.234	29

d — division leader
Last night's results
Washington at New Orleans
San Antonio at Portland
Boston at Sacramento
Houston at L.A. Lakers
Monday's results
Indiana 104 Toronto 93
New Jersey 115 Denver 99
Miami 117 Cleveland 90
Memphis 100 Orlando 97
Dallas 102 Washington 92
Utah 83 Charlotte 78
L.A. Clippers 105 Milwaukee 98
Tonight's games
(All times Eastern)
Toronto at Atlanta, 7 p.m.
Indiana at Cleveland, 7 p.m.
Philadelphia at New Jersey, 7 p.m.
Charlotte at Detroit, 7:30 p.m.
Dallas at New York, 7:30 p.m.
Memphis at Minnesota, 8 p.m.
New Orleans at Oklahoma City, 8 p.m.
Portland at Denver, 9 p.m.
Milwaukee at Phoenix, 9 p.m.
Houston at Utah, 9 p.m.
Chicago at L.A. Clippers, 10:30 p.m.
Tomorrow's games
Miami at Orlando, 8 p.m.
Milwaukee at Golden State, 10:30 p.m.
San Antonio at L.A. Lakers, 10:30 p.m.

LATE MONDAY

PACERS 104, RAPTORS 93

TORONTO (93)
Weems 6-13 0-0 12, A.Johnson 8-14 2-5 18, Bargnani 3-15 6-8 12, Calderon 6-12 0-0 13, DeRozan 3-15 4-4 10, Davis 6-9 1-1 13, Wright 2-7 0-0 4, Bayless 4-7 3-3 11. Totals 38-92 16-21 93.
INDIANA (104)
Granger 3-15 4-4 11, McRoberts 2-4 0-0 4, Hibbert 9-19 6-9 24, Collison 7-9 0-0 16, Dunleavy 2-6 2-2 8, Hansbrough 6-13 2-2 14, Foster 0-0 0-0 0, George 4-8 7-8 16, D.Jones 1-3 0-0 3, Price 2-4 3-3 8. Totals 36-81 24-28 104.

Toronto	21	24	25	23	93
Indiana	32	19	24	29	104

3-Point Goals—Toronto 1-6 (Calderon 1-2, Bayless 0-1, Wright 0-1, Bargnani 0-2), Indiana 8-20 (Collison 2-3, Dunleavy 2-4, D.Jones 1-2, Price 1-2, George 1-3, Granger 1-6). Fouled Out—None. Rebounds—Toronto 45 (A.Johnson 8), Indiana 63 (Hibbert 11). Assists—Toronto 16 (Calderon 7), Indiana 19 (Collison 6). Total Fouls—Toronto 21, Indiana 15. Technicals—Indiana defensive three second.
A—10,258 (18,165) at Indianapolis.

SCORING LEADERS

	G	FG	FT	PTS	AVG
Durant, OKC	43	409	348	1244	28.9
Stoudemire, NYK	47	460	302	1231	26.2
James, MIA	46	408	319	1197	26.1
Wade, MIA	44	397	298	1130	25.5
Bryant, LAL	48	432	296	1223	25.5
Ellis, GOL	47	442	222	1182	25.1
Rose, CHI	46	409	233	1124	24.4
Gordon, LAC	41	333	242	988	24.1
Anthony, DEN	41	340	271	980	23.6
Nowitzki, DAL	38	318	200	876	23.0
Martin, HOU	47	313	353	1081	23.0
Westbrook, OKC	47	360	333	1064	22.6
Griffin, LAC	47	408	250	1072	22.6
Howard, ORL	47	370	313	1053	22.3
Williams, UTA	46	325	277	1009	21.9
Love, MIN	47	339	273	1016	21.6
Bargnani, TOR	43	345	170	909	21.4
Granger, IND	44	316	196	923	21.2
Aldridge, POR	47	394	197	988	21.0
Beasley, MIN	43	352	132	874	20.3
Randolph, MEM	45	361	173	898	20.2
Gay, MEM	47	360	165	938	20.1
Lopez, NJN	49	354	254	962	19.5
Scola, HOU	49	393	161	947	19.3
Pierce, BOS	47	314	203	902	19.2
West, NOR	48	368	175	913	19.0
Ginobili, SAN	47	269	241	884	18.8
Bosh, MIA	44	308	192	813	18.7

Not including last night's games

NFL

SUPER BOWL XLV

Sunday's game
At Arlington, Texas
Pittsburgh (AFC) vs. Green Bay (NFC), 6:30 p.m.

TENNIS

ATP TOUR PBZ ZAGREB INDOORS

At Zagreb, Croatia
Singles — First Round
Philipp Petzschner (7), Germany, def. Jan Hajek, Czech Republic, 6-3, 6-3.
Radek Stepanek, Czech Republic, def. Stefan Koubek, Austria, 6-3, 6-2.
Blaz Kavcic, Slovenia, def. Mischa Zverev, Germany, 6-2, 7-5.
Alexander Bogomolov, Jr., U.S., def. Antonio Veic, Croatia, 2-6, 7-6 (4), 7-6 (2).
Igor Kunitsyn, Russia, def. Jaroslav Pospisil, Czech Republic, 6-3, 6-2.
Daniel Brands, Germany, def. Ivo Karlovic, Croatia, 7-5, 6-7 (3), 7-6 (1).

ATP SA OPEN

At Johannesburg
Yesterday's results
Singles — First Round
Milos Raonic, Thornhill, Ont., def. Yen-hsun Lu (2), Taiwan, 6-3, 6-3.
Jesse Huta Galung, Netherlands, vs. Janko Tipsarevic (3), Serbia, 6-7 (4), 6-4, 3-3 (susp., rain).
Kevin Anderson (4), South Africa, def. Stephane Bohli, Switzerland, 4-6, 6-4, 6-2.
Dustin Brown, Germany, def. Florent Serra (5), France, 6-4, 6-4.
Adrian Mannarino (6), France, def. Yuri Schukin, Kazakhstan, 7-6 (4), 7-6 (6).
Michal Przysiezny (8), Poland, def. Martin Fischer, Austria, 6-1, 6-2.
Izak Van der Merwe, South Africa, def. Stephane Robert, France, 6-3, 6-2.
Denis Gremelmayr, Germany, def. Nikola Scholtz, South Africa, 6-4, 7-5.
Edouard Roger-Vasselin, France, leads Dudi Sela, Israel, 6-1, 2-3 (susp., rain).

ATP MOVISTAR OPEN

At Santiago, Chile
Singles — First Round
David Nalbandian (1), Argentina, def. Carlos Berlocq, Argentina, 6-2, 2-6, 6-2.
Maximo Gonzalez, Argentina, def. Juan Monaco (2), Argentina, 6-4, 3-6, 6-4.
Fabio Fognini (7), Italy, def. Lukasz Kubot, Poland, 7-6 (6), 6-2.
Santiago Giraldo (8), Colombia, def. Facundo Bagnis, Argentina, 2-6, 6-3, 6-2.
Horacio Zeballos, Argentina, def. Ricardo Hocevar, Brazil, 7-6 (2), 6-4.

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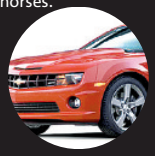
5 drive

By comparison

Cadillac CTS-V Coupe
Base price: $71,250
Brawny, slinky and pricey two-door makes 556 road-ripping horsepower.

Dodge Challenger SRT8
Base price: $49,000 (est.)
Updated 2011 model now puts out 470 horsepower from new 6.4-litre V8.

Chevrolet Camaro SS
Base price: $38,500
6.2-litre V8 makes 426 hp, but rumoured Z28 output jumps to 550 horses.



WHEELBASE MEDIA

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Keys for the situation

Up for grabs with the Boss is the dealer-installed TracKey system.

The black key is for street driving, while the red key is used for days at the track. The latter provides a more aggressive tune, complete with a raggedy competition idle as well as "launch control."

Ford does not recommend red-key use on the street as the throttle response is hair-trigger.

Visual cues

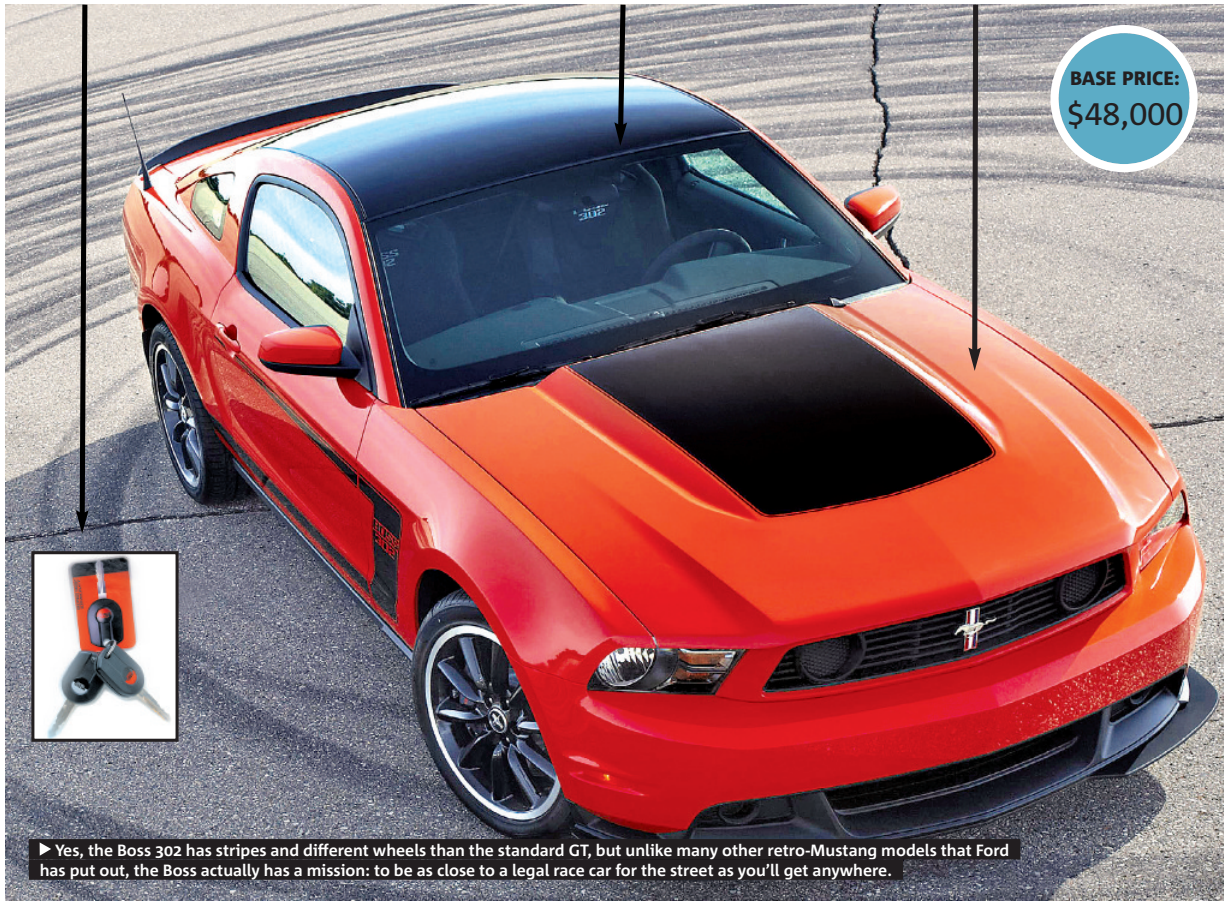
The Boss wears the historic "C-stripe" along each side, a blacked-out hood scoop and roof and front and rear spoilers.

Inside, there's a special Boss steering wheel, suede seat inserts, or optional Recaro-brand bucket seats that are identical to those installed on the current Mustang GT500.

High-revving horsepower

Using the 5.0-litre V8-powered Mustang GT as the starting point, the Boss gets a less-restrictive intake system and revised camshafts as its main tweaks.

Output is increased to 444 horsepower from the GT's 412, but peak torque is down 10 pound-feet from the GT's 390. This is not an uncommon trade-off for additional high-revving horsepower. The engine is hooked to a close-ratio six-speed manual transmission along with a heavier duty clutch.



BASE PRICE: $48,000

▶ Yes, the Boss 302 has stripes and different wheels than the standard GT, but unlike many other retro-Mustang models that Ford has put out, the Boss actually has a mission: to be as close to a legal race car for the street as you'll get anywhere.

This Boss can do the road or the track

MALCOLM GUNN
DRIVE@METRONEWS.CA
WHEELBASE MEDIA

Why is the Boss 302 back?

Aside from pressing all the right nostalgia hot buttons and providing enthusiasts with a high-performance car that's good for the road or the track, the real reason might be the engine.

Without a "302" there could never be a Boss 302 in the first place.

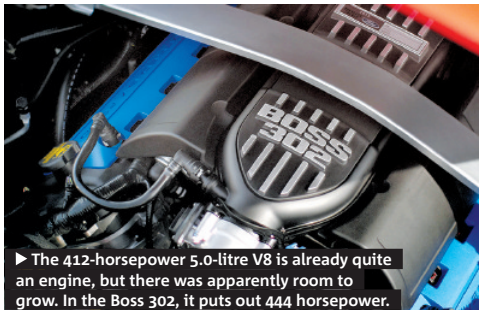
The new Boss wasn't possible until the 2011 model year when the 412-horsepower 5.0-litre V8 (302 cubic inches) replaced the 4.6 in the GT model. Thus the road was paved for the revival of the Boss 302.

But just what kind of nostalgia are we talking about, here?

This legendary race-bred model helped set the Sports Car Club of America's Trans Am racing series on fire in 1969 and '70, providing spirited competition for the rest of the Ponycar pack from General Motors, Chrysler, and American Motors.

Fast forward four decades. In early 2011, two versions of the new Boss 302 will arrive to do the original proud: a fully dressed dual-purpose street/track edition; and a track-specific (but not track only) "Laguna Seca Package" model.

▶ The already excellent Mustang interior is highlighted with extra instrumentation and grippy seats to keep drivers planted behind the wheel during acrobatics on track days.



▶ The 412-horsepower 5.0-litre V8 is already quite an engine, but there was apparently room to grow. In the Boss 302, it puts out 444 horsepower.

19

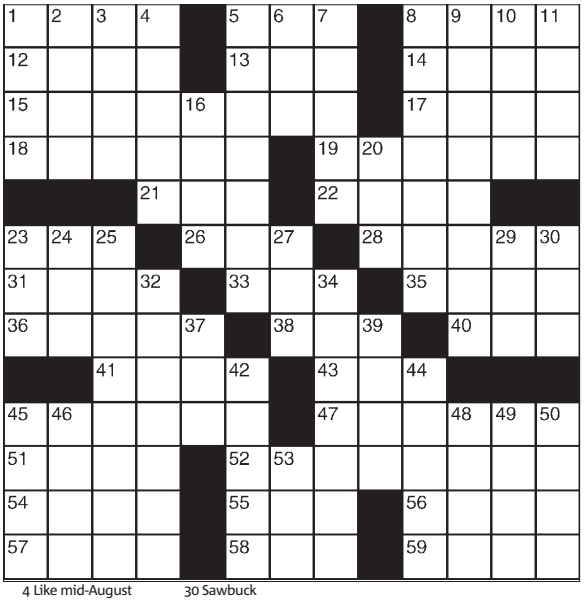
Aiding traction on the Boss are Pirelli tires mounted on 19-inch-diameter wheels that are wider by half an inch in the back to accommodate the wider rubber. Ford claims that skid-pad grip with this combo exceeds 1.0 g of lateral acceleration, which is in supercar territory.

Boss 302

What you should know about the 2012 Ford Mustang Boss 302:

- **Type:** Two-door hardtop.
- **Engine (hp):** 5.0-litre DOHC V8 (444).
- **Transmission:** Six-speed manual.
- **Stats:** L/100 km (city/hwy) 12.0/7.5 (est.).

Crossword



Across

1 Morse code component
5 Crony
8 One of the Three Bears
12 Japanese aborigine
13 Actress Yasbeck
14 Vaccine type
15 Theatrical
17 Romance novelist Roberts
18 Have high hopes
19 Fruit juice extractor
21 N.J. neighbor
22 Taj Mahal city
23 Bridge declaration
26 Hearty brew
28 Square dance group
31 Commotions
33 Whatever amount
35 Apiary structure
36 Palin book, "Going —"
38 Water barrier
40 Metal container
41 Create
43 Apprehend
45 No longer stubbly
47 Pure gold has 24
51 Flying toy
52 Having a topic
54 Eye part
55 Regret
56 Energetic
57 Denomination
58 Sycophant's reply
59 Gush forth

Down

1 Arp's style
2 Ostentation
3 Break suddenly
4 Like mid-August weather
5 Kneecap
6 French friend
7 Stretchy synthetic
8 Ruler
9 Scented
10 Former filly
11 Winged
16 Vicinity
20 Id counterpart
23 Tavern
24 Altar affirmative
25 Pontifical
27 Tackle's teammate
29 Gabor or Longoria
30 Sawbuck
32 Most debonair
34 Steinbrenner's squad
37 — out a living
39 Sir's companion
42 Journal jotting
44 Boasts
45 Vail gear
46 Take on
48 On
49 Buster Brown's dog
50 Garbage barge
53 Coloration

▶ Yesterday's answer

E	A	S	Y	■	A	P	R	■	R	A	J	A
T	U	N	A	■	L	I	E	■	E	V	E	R
C	R	U	M	P	L	E	D	■	S	E	E	M
H	A	G	■	A	I	D	■	H	A	R	R	Y
■	■	■	S	I	N	■	K	I	M	■	■	■
S	E	T	I	N	■	D	I	M	P	L	E	D
I	M	A	M	■	F	U	N	■	L	A	N	A
R	U	M	P	L	E	D	■	T	E	D	D	Y
■	■	■	■	L	O	W	■	B	E	D	■	■
L	A	T	E	X	■	O	R	E	■	A	D	O
A	L	I	T	■	T	R	A	M	P	L	E	D
O	T	T	O	■	W	A	N	■	O	S	L	O
S	O	O	N	■	O	L	D	■	D	O	E	R

Sudoku

					8		3	6
8	7							
					5	7		9
1	5			8	3		6	
	3						9	
	6		4	7			2	5
5		1	6					
							4	1
4	9		2					

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

9	3	7	6	5	4	8	1	2
2	4	8	1	9	7	6	5	3
5	6	1	3	8	2	7	4	9
3	8	9	5	2	1	4	6	7
6	2	4	8	7	9	5	3	1
1	7	5	4	6	3	9	2	8
7	9	3	2	4	6	1	8	5
4	5	2	9	1	8	3	7	6
8	1	6	7	3	5	2	9	4

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Dear Jeans, you should know by now how much you mean to me. Your smile brightens up my life, your hugs and kisses seduce my soul, and your love weakens me to my knees. Love always, **YOUR BOYFRIEND**

Stevie, 16 days left until our holiday, but its always a holiday with you! Thank you for making every day special. Will you be my valentine? I love you **AMBER**

M, happy 1 yr anniversary! I hope we can share many more memories together and many anniversaries. U make me feel loved and appreciated. You are my true babby <3 Yours always, **T**

My Beautiful Barbie stay Just the Way You Are while we are Chasing Cars because Soul Mates always Believe in one another Just Say Yes. 2TheMoon 4Ever LUB! **YOUR GORGEOUS C KEN**

Today -10°/-16° 1-3cm of snow 90%
Thursday -8°/-11° Mainly sunny
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 If you have to change plans last minute and let someone down today, so be it. If you don't make a big deal of it, chances are he or she won't, either.

♉ Taurus April 21-May 21 Your enthusiasm for a work project may be undiminished, but you are putting in rather a lot of time and energy for so little in return. It may not yet be time to make a change, but start thinking about it anyway.

♊ Gemini May 22-June 21 There are many things going right in your life, so why make a fuss about the one little thing that is going wrong? Your mind creates your reality, so the less attention you give it, the less it will matter.

♋ Cancer June 22-July 22 If you've been spending money like it is going out of fashion, it might be wise to curb your extravagance over the next few days. Those shiny things in shop windows may look lovely, but you can't have them all.

♌ Leo July 23-Aug.23 Where your work is concerned, you need to focus on quality rather than quantity. That may mean having to cut back on some of your less important commitments. Do less but do it better.

♍ Virgo Aug. 24- Sept. 22 You may be feeling on top of the world, physically, at the moment but there is still a danger you might take on too much. Focus your energy on what matters the most to you.

♎ Libra Sept. 23-Oct. 23 It's not often you lose your sense of balance, but the approaching new moon is having a strange effect on your emotions. Don't be surprised to find yourself happy one moment, and even happier the next.

♏ Scorpio Oct. 24-Nov. 22 Family members may be difficult to get along with right now, but there's no point making an issue of it. Pretend that everything is okay with the world. They won't argue that.

♐ Sagittarius Nov. 23-Dec. 21 A sudden lack of cash could force you to cut back on social plans, but that's not so bad. If you watch what you spend today, you'll have enough to go wild tomorrow.

♑ Capricorn Dec. 22-Jan. 20 Someone who has helped you in the past won't be there for you today and you will feel the sense of loss. It will also make you realize you've been relying on him or her far too much.

♒ Aquarius Jan. 21-Feb. 18 You may be on a high right now, but not everyone is as fortunate. Make allowances for those who seem unable to find joy. In fact, make it your mission to cheer them up.

♓ Pisces Feb. 19-March 20 If you're smart, you won't believe everything you hear today because there are tall stories being told. Others may not be trying to mislead you but someone has mislead them. SALLY BROMPTON

Caption contest

NG HAN GUAN/ THE ASSOCIATED PRESS

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Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

KHIN MAUNG WIN/ THE ASSOCIATED PRESS

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GL Sport model shown

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